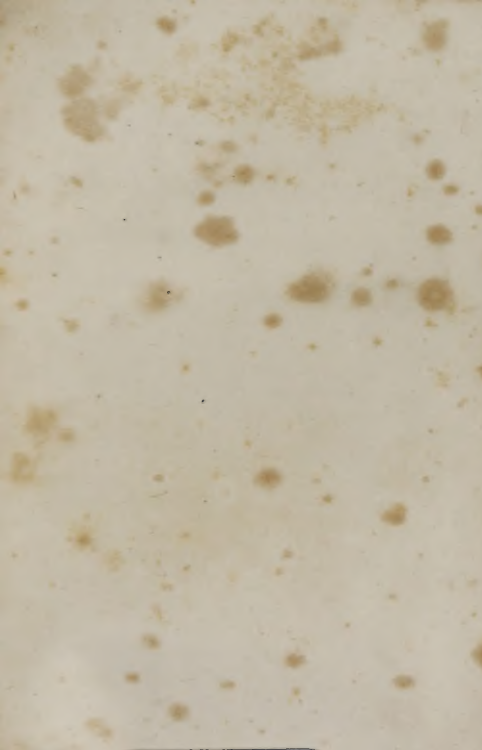
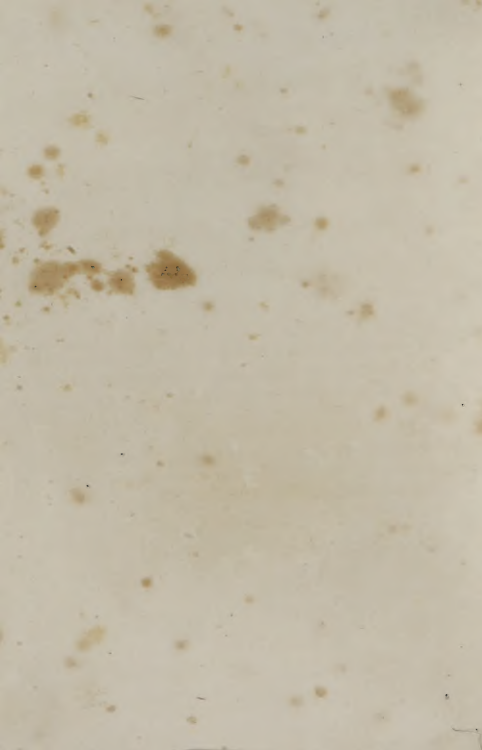


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THE
LADY'S OWN BOOK:
OR
FEMALE SAFEGUARD.
CONTAINING
Moral Checks to Population,
AND
A COMPLETE PRACTICAL MIDWIFE.

IT TREATS ALSO OF
GENERATION, STERILITY, IMPOTENCY, FEMALE
COMPLAINTS, THE DISEASES OF INFANTS AND
CHILDREN, A GLOSSARY OR MEDICAL DIC-
TIONARY, A DISPENSATORY OF ALL THE ME-
DICINES RECOMMENDED IN THIS WORK, AND
MANY VALUABLE RECIPES, PURELY UPON RE-
FORMED MEDICAL PRINCIPLES, *written in a
plain, yet chaste, style, and on Moral Prin-
ciples, for Families and Females.*

BY Z. J. BROWN, M. D. & B. P.
LITCHFIELD, HILLSDALE CO. MICH.

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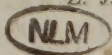
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CERTIFICATE.—This may certify, that mostly all of the recommendations in this Book are from my own experience, more especially the checks to population, which are substantially true to the letter, and can be used with perfect confidence.

Z. J. BROWN.



PREFACE.

It is a notorious fact, that the families of the married often increase beyond what a regard for the young beings coming into existence, or the happiness of those who give them birth, would dictate; and philanthropists, of first rate moral character, in different parts of the world, have for years been endeavoring to obtain and disseminate a knowledge of means whereby men and women may refrain at will from becoming parents, without even a partial sacrifice of the pleasure which attends the gratification of their productive instinct. But no satisfactory means of fulfilling this object were discovered, until the subject received the attention of a Physician who had devoted years to the investigation of the most recondite phenomena of the human system, as well as to chemistry. The idea occurred to him of destroying the fecundating property of the sperm by chemical agents; and upon this prin-

ciple he devised "checks," which reason with the continued long trials alone would convince me must be effectual, and which have been proved to be so, by many actual experiments.

This work is written in a plain, yet chaste style. The great utility of such a work as this, especially to the poor, is ample apology (if apology be needed) for its publication. It conveys a knowledge of checks to prevent becoming parents only at the will of the woman. It treats of generation, sterility, impotency, female complaints, midwifery, some of the diseases of infants and children, together with many valuable recipes, useful to families, in the different effects of disease upon the human system.

Z. J. BROWN.

Note.—The author of this work has taken unwearied pains in compiling it, both in using all the diligence in his power by his own experiments; and searching all the standard works from which he could gain any useful ideas that would be serviceable to the reader. He has taken extracts from Knowlton, Smith,

Aristotle, and others, taking the liberty in all cases to conform them to the present principles of medical reform according to his own experience and views of true medical science, to make it of practical use to families and females. He deems no apology necessary for bringing such a work before the community, as all who read it, he thinks, will be fully persuaded that it brings a balm to suffering humanity, and is, what its title imports, *The Females Safeguard*, which if practically used, will *save them* from much *disease* and *suffering*; now endured by the female race: to say nothing of life *sacrificed*, and attendant expenses, which is no small item in the estimate: he therefore cheerfully submits it to the *candid*, hoping none other may obtain it.

Z. J. B.

Philosophical Proem.

CONSCIOUSNESS is not a "principle," or substance of any kind; nor is it, strictly speaking, a property of any substance or being. It is a peculiar action of the nervous system; and the nervous system is said to be sensible, or, to possess the property of sensibility; because those sentient actions, which constitute our different consciousnesses, may be excited in it. The nervous system includes not only the brain and spinal marrow, but numerous soft, white cords, called nerves, which extend from the brain and spinal marrow to every part of the body in which a sensation can be excited.

A sensation is a sentient action of a nerve and the brain; a thought, or idea, (both the same thing,) is a sentient action of the brain alone. A sensation, or a thought, is consciousness, and there is no consciousness but what consists either in a sensation or a thought. Agreeable consciousness constitutes what we call happiness; and disagreeable consciousness constitutes misery. As sensations are a higher degree of consciousness than mere thoughts, it follows, that a-

agreeable sensations constitute a more exquisite happiness than agreeable thoughts. This portion of happiness, which consists in agreeable sensations, is commonly called pleasure. No thoughts are agreeable except those which were originally excited by, or have been associated with agreeable sensations. Hence, if a person never had experienced any agreeable sensations, he could have no agreeable thoughts, and would, of course, be an entire stranger to happiness.

There are five species of sensation: seeing, hearing, smelling, tasting, and feeling. There are many varieties of feeling; as, the feeling of hunger, thirst, cold, hardness, &c. Many of these feelings are excited by agents that act upon the exterior of the body; such as solid substances of every kind, heat and various chemical irritants. Other feelings owe their existence to states or conditions of internal organs. These latter feelings are called passions. These passions, which owe their existence chiefly to the state of the brain, or to causes acting directly upon the brain, are called the moral passions: They are grief, anger, love, &c. They consist of sentient actions, which commence in the brain and extend to the nerves in the region of the stomach, heart, &c. But when the cause of the internal feeling or passion is seated in some organ remote from the brain, as in the stomach, the

genital organs, &c., the sentient action, which constitutes the passion, commences in the nerves of such organ and extends to the brain; and the passion is called an appetite, instinct, or desire. Some of these passions are natural, as hunger, thirst, the reproductive instinct, the desire to urinate, &c. Others are gradually acquired by habit. A hankering for stimulants, as spirits, opium and tobacco, is one of these. Such is the nature of things, that our most vivid and agreeable sensations cannot be excited under all circumstances, nor beyond a certain extent, under any circumstances, without giving rise, in one way or another, to an amount of disagreeable consciousness, or misery, exceeding the amount of agreeable consciousness which attends such ill-timed or excessive gratification. To excite agreeable sensations to a degree not exceeding this certain extent, is temperance; to excite them beyond this extent, is intemperance; not to excite them at all, is mortification, or abstinence. This certain extent varies with different individuals, according to their several circumstances, so that what would be temperance in one person may be intemperance in another.

To be free from disagreeable consciousness is to be in a state which, compared with a state of misery, is a happy state; yet, absolute happiness does not consist in the absence

of misery. It consists, as before said, in agreeable consciousness. That which enables a person to excite or maintain agreeable consciousness is not happiness; but the idea of having such means in one's possession is agreeable, and, of course, is a portion of happiness. Health and wealth go far in enabling a person to excite and maintain agreeable consciousness.

That which gives rise to agreeable consciousness, is good, and we desire it. If we use it intemperately such use is bad, but the thing itself is still good. Those acts, (and intentions are acts of that part of man which intends,) of human beings, which tend to the promotion of happiness, are good; but they are also called virtuous, to distinguish them from other things of the same tendency. There is nothing for the word virtue to signify but virtuous actions. Sin signifies nothing but sinful actions; and sinful, wicked, vicious, or bad actions, are those which are productive of more misery than happiness.

When an individual gratifies any of his instincts in a temperate degree, he adds an item to the sum total of human happiness, and causes the amount of human happiness to exceed the amount of misery farther than if he had not enjoyed himself; therefore it is virtuous, or, to say the least, it is not vicious or sinful for him so to do. But it must ever be

remembered, that this temperate degree depends on circumstances; that one person's health, pecuniary circumstances, or social relations, may be such, that it would cause more misery than happiness for him to do an act, which being done by a person under different circumstances, would cause more happiness than misery; therefore it would be right for the latter to perform such act, but not for the former.

Again: Owing to one's ignorance, he may not be able to gratify a desire without causing misery, (wherefore it would be wrong for him to do it,) but which, with knowledge of means to prevent this misery, he may so gratify, that more pleasure than pain will be the result of that act; in which case the act, to say the least, is justifiable. Now, therefore, it is virtuous, nay, it is a duty for him, who has a knowledge of such means, to convey it to those who have it not; for by so doing he furthurs the cause of human happiness.

Man by nature is endowed with the talent of devising means to remedy or prevent the evils that are liable to arise from gratifying our appetites; and it is as much the duty of the physician to inform mankind of the means of preventing the evils that are liable to arise from gratifying the reproductive instinct, as it is to inform them how to keep clear of the gout or the dyspepsia. Let not the cold as-

cetic say, we ought not to gratify our appetites any farther than is necessary to maintain health, and perpetuate the species. Mankind will not so abstain, and if means to prevent the evils that may arise from a farther gratification can be devised, they need not. Heaven has not only given us the capacity of greater enjoyments, but the talent of devising means to prevent the evils that are liable to arise therefrom; and it becomes us, "with thanksgiving," to make the most of them.

The Lady's Own Book.

CHAPTER I.

Showing how desirable it is, both in a political and a social point of view, for mankind to be able to limit, at will, the number of their offspring, without sacrificing the pleasure that attends the gratification of the reproductive instinct.

FIRST—IN A POLITICAL POINT OF VIEW.

IF population be not restrained by some great physical calamity, such as we have reason to hope will not hereafter be visited upon the children of men, or by some moral restraint, the time will come, when the earth cannot support its inhabitants. Population, unrestrained, will double three times in a century. Hence, computing the present population of the earth at 1,000 millions, there would be at the end of 100 years from the present time,

	8,000 millions,
at the end of 200,	64,000 “
“ “ 300,	512,000 “

And so on, multiplying by 8 for every additional hundred years; so that, in 500 years

from the present time, there would be 32,768 times as many inhabitants as at present. If the natural increase go on, without check, 1500 years, one single pair would increase to more than 35,184 times as many as the present population of the whole earth!

Some check, then, there must be, or the time will come when millions will be born but to suffer and to perish for the necessities of life. To what an inconceivable amount of human misery would such a state of things give rise! And must we say that vice, war, pestilence and famine are desirable to prevent it? Must the friends of temperance and domestic happiness stay their efforts? Must "peace societies" excite to war and bloodshed? Must the physician cease to investigate the nature of contagion, and to search for the means of destroying its baneful influence? Must he, that becomes diseased, be marked as a victim to die for the public good, without the privilege of making an effort to restore him to health? And in case of a failure of crops in one part of the world, must the other parts withhold the means of supporting life, that the far greater evil of excessive population throughout the globe may be prevented? Can there be no effectual moral restraint, attended with far less human misery than such physical calamities as these? Most surely there can. But what is it? Matthus,

an English writer on the subject of Population, gives us none but celibacy to a late age. But how foolish it is to suppose that men and women will become as monks and nuns, during the very holiday of their existence, and abjure, during the fairest years of life, the nearest and dearest of social relations, to prevent a catastrophe which they, and, perhaps, their children, will not live to witness. But, besides being ineffectual, or, if effectual, requiring a great sacrifice of enjoyment, this restraint is highly objectionable on the score of its demoralising tendency.

It would give rise to a frightful increase of prostitution, of intemperance and onanism, and prove destructive to health and moral feelings. In spite of preaching, human nature will be the same; and that restraint, which forbids the gratification of the reproductive instinct, will avail but little with the mass of mankind. The checks, to be hereafter mentioned, are the only moral restraints to population, known to the writer, that are unattended with serious objections.

Besides starvation, with all its accompanying evils, over-population is attended with other public evils, of which may be mentioned ignorance and slavery. Where the mass of the people must toil incessantly to gain a support, they must remain ignorant; and, where ignorance prevails, tyranny reigns.

SECOND—IN A SOCIAL POINT OF VIEW.

Is it not a notorious fact, that the families of the married, often increase beyond what a regard for the young beings coming into the world, or the happiness of those who give them birth, would dictate? In how many instances does the hard-working father, and more especially the mother, of a poor family, remain slaves throughout their lives, tugging at the oar of incessant labor, toiling to live, and living but to toil; when, if their offspring had been limited to two or three only, they might have enjoyed comfort, and comparative affluence? How often is the health of the mother, giving birth every year to an infant, (happy if it be not two,) and compelled to toil on, even at those times when nature imperiously calls for some relief from daily drudgery? How often is the mother's comfort, health, nay, even her life, thus sacrificed? Or, if care and toil have weighed down the spirit, and at last broken the health, of the father, how often is the widow left, unable with the most virtuous intentions, to save her fatherless offspring from becoming objects of wretchedness and misery!

Nor is this all. Many women are so constituted that they cannot give birth to healthy, sometimes not even to living children. Is it desirable, is it moral, that such women should become pregnant? Yet, this is con-

tinually the case. Others there are who ought not to become parents; because, if they do, it is only to transmit to their offspring grievous hereditary diseases, which render such offspring mere objects of misery throughout their sickly existence. Yet such women will not lead a life of celibacy; they marry; they become parents, and the sum of human misery is increased by their doing so. But it is folly to expect we can induce such persons to live the lives of shakers. Nor is it necessary—all that duty requires of them is to refrain from becoming parents. Who can estimate the beneficial effect, which a rational, moral restraint may thus have on the health, and beauty, and physical improvement of our race, throughout future generations!

Let us now turn our attention to unmarried youth.

“Almost all young persons, on reaching the age of maturity, desire to marry. That heart must be very cold, or isolated, that does not find some one on whom to bestow its affections. Thus, early marriages would be almost universal, did not prudential considerations interfere. The young man thinks, “I cannot marry yet; I cannot support a family; I must make money first, and think of a matrimonial settlement afterwards. And so he goes to making money, fully and sincerely resolved, in a few years, to share it

with her whom he now loves. But passions are strong and temptations great. Curiosity, perhaps, introduces him into the company of those poor creatures, whom society first reduces to a dependence on the most miserable of mercenary trades, and then curses for being what she has made them. There his health and moral feelings alike make shipwreck. The affections he had thought to treasure up for their first object are chilled by dissipation and blunted by excess. He scarcely retains a passion but avarice. Years pass on, years of profligacy and speculation, and his first wish is accomplished; his fortune is made. Where now are the feelings and resolves of his youth?

“Like the dew on the mountain,
Like the foam on the river,
Like the bubble on the fountain,
They are gone—and forever!”

“He is a man of pleasure; a man of the world. He laughs at the romance of his youth, and marries a fortune. If gaudy equipage and gay parties confer happiness, he is happy. But if they are only the sunshine, on the stormy sea below, he is a victim to that system of morality, which forbids a reputable connexion until the period when provision has been made for a large family. Had he married the first object of his choice, and sim-

ply delayed becoming a father until his prospects seemed to warrant it, how different might have been his lot!

Until men and women are absolved from the fear of becoming parents, except when they themselves desire it, they ever will form mercenary and demoralising connexions, and seek in dissipation the happiness they might have found in domestic life.

"I know that this, however common, is not a universal case. Sometimes the heavy responsibilities of a family are increased at all risks; and who shall say how often a life of unremitting toil and poverty is the consequence? Sometimes, if even rarely, the young mind does hold to its first resolves. The youth plods through years of cold celibacy; happy, if, before the best hours of his life are gone, and its warmest feelings withered, he may return to claim the reward of his forbearance and industry. But even in this comparatively happy case, shall we count for nothing the years of ascetic sacrifice, at which after-happiness is purchased? The days of youth are not too many, nor its affections too lasting. We may, indeed, if a great object require it, sacrifice the one and mortify the other. But, is this, in itself, desirable? Does not wisdom tell us that such a sacrifice is a dead loss; to the warm-hearted, often a grievous one? Does not wisdom bid us temperately enjoy

the spring-time of life, "while the evil days come not, nor the years draw nigh, when we shall say, we have no pleasure in them?"

"Let us say, then, if we will, that the youth, who thus sacrifices the present for the future, chooses wisely between the two evils, profligacy and asceticism. This is true. But let us not imagine the lesser evil to be good. It is not good for man to be alone. It is for no man's or woman's happiness, or benefit, that they should be condemned to shakerism. It is a violation done to the feelings, and an injury done to the character. A life of rigid celibacy, though infinitely preferable to a life of dissipation, is yet fraught with many evils. Peevishness, restlessness, vague longings and instability of character are among the least of these. The mind is unsettled and the judgment warped. Even the very instinct, which is thus mortified, assumes an undue importance, and occupies a portion of the thoughts which does not of right belong to it; and which, during a life of satisfied affection, it would not obtain.

In many instances the genital organs are rendered so irritable, by the repletion to which unnatural continancy gives rise, and by the much thinking, caused by such repletion, as to induce a disease known to medical men by the name of *Gonorrhœa Dormientium*. It consists in an emission or discharge of the

semen during sleep. This discharge is immediately excited, in most instances, by a lascivious dream; but such dream is caused by the repletion and irritability of the genital organs.

It is truly astonishing to what a degree of mental anguish this disease sometimes gives rise in young men. They do not understand the nature, or rather the cause of it. They think it depends on weakness: indeed, the disease is often called "*a seminal weakness*;" and that the least gratification, in a natural way, would but serve to increase it. Their anxiety about it weakens the whole system. This weakness they erroneously attribute to the discharges. They think themselves totally disqualified for entering into, or enjoying, the married state. Finally, the genital and mental organs act and react upon each other so perniciously as to cause a degree of nervousness, debility, emaciation and melancholy; in a word, a WRETCHEDNESS, that sets description at defiance. Nothing is so effectual in curing this diseased state of body and mind in young men as MARRIAGE. All restraint, fear, and solicitude should be removed.

"Inasmuch, then, as the scruples of incurring heavy responsibilities deter from forming moral connexions, and encourage intemperance and prostitution, the knowledge, which

enables man to limit the number of his offspring, would, in the present state of things, save much UNHAPPINESS, and prevent many crimes. Young persons sincerely attached to each other, and who might wish to marry, would marry early; merely resolving not to become parents until prudence permit it. The young man, instead of solitary toil and *vulgar dissipation*, would enjoy the society, and the assistance of her he had chosen as his companion; and the best years of LIFE, whose pleasure never RETURNS, would not be squandered in *riot*, or lost through *mortification*."

CHAPT. II.

ON GENERATION

I hold the following to be important and undeniable truths: That every man has a natural right both to receive and convey a knowledge of all the facts and discoveries of every art or science, except such only as may be secured to some particular person or persons by copyright, or patent; that a physical truth, in its general effect, cannot be a moral evil; "that no fact in physics or in morals, ought to be concealed from the enquiring mind." Some may make a misuse of knowledge, but this is their fault; and it is not right, that one person should be deprived of a know-

ledge, of spirits, of razors, or of anything else which is harmless in itself, and may be useful to him, because another might abuse it.

The subject of generation is not only interesting as a branch of science, but it is so connected with the happiness of mankind, that it is highly important in a practical point of view. Such, to be sure, is the custom of the age that it is not considered a proper subject to investigate before a popular assembly, nor is it proper to attend to the calls of nature in a like place; yet they must, and ought to be, attended to, for the good, the happiness of mankind requires it; so too, for like reasons, the subject of generation ought to be investigated until it is rightly understood by all people, but at such opportunities as the good sense of every individual will easily decide to be proper. This I presume to say, not simply upon the abstract principle that all knowledge of nature's workings is useful, and the want of it disadvantageous, but from the known moral fact, that ignorance of this process has, in many instances, proved the cause of a lamentable "mishap;" and more especially as it is essential to the attainment of the great advantages which it is the great object of this work to bestow upon mankind.

People generally, as was the case with physicians until of late years, entertained a very erroneous idea of what takes place in the

process of conception. Agreeable to this idea, the "check, which I consider far preferable to any other, would not be effectual, as would be obvious to all. Consequently, entertaining this idea, people would not have due confidence in it. Hence, it is necessary to correct a long-held and widely-extended error. Deep-rooted, and hitherto undisputed opinions are not so easily eradicated. If I would convince any one that the steps in one of the most recondite processes in nature are not such as he has always believed, it greatly serves my purpose to show what these steps are. I must first prepare him to be reasoned with, and then reason the matter all over with him; I must point out the facts which disprove his opinion, and show my own is unattended with difficulties.

But what can be more obvious than that it is impossible to explain any process or function of the animal economy so as to be understood, before the names of the organs, which perform this function, have been defined, that is, before the organs themselves have been described? Now, it is well known to every anatomist, and indeed it must be obvious to all, that, in describing any organ, or system of organs, we must always begin with some external and known part, and proceed regularly, step by step, to the internal and unknown: as in arithmetic, "every thing must be understood as you go along."

Fully to effect the object of this work, it is therefore a matter of necessity that I give an anatomical description of certain parts, even external parts, which some, but for what I have just said, might think it useless to mention. It is not to gratify the idle curiosity of the light-minded that this book is written: it is for utility, in the broad and truly philosophical sense of the term: nay, farther, it shall, with the exception of here and there a little spicing, be confined to practical utility.

I shall therefore endeavor to treat the subject in this chapter so as to be understood, without giving any description of the male organs of generation in this place; though I hold it an accomplishment for one to be able to speak of these organs, as diseases often put them under the necessity of doing, without being compelled to use low and vulgar language. But I must briefly describe the female organs; in doing which I must, of course, speak as do other anatomists and physiologists; and, whoever to this objects, will discover more affectation and prudery than good sense and good will to mankind.

The adipose, or fatty matter, immediately over the shane bone, forms a considerable prominence in females, which, at the age of puberty, is covered with hair, as in males. This prominence is called the os pubis. The exterior orifice commences immediately be-

low this. On each side of this orifice is a prominence, continued from the os pubis, which is largest above and gradually diminishes as it descends. These prominences are called the labia externa, or external lips.—Near the latter end of pregnancy, they become somewhat enlarged and relaxed, so that they sustain little or no injury during parturition. Just within the upper, or anterior commissure formed by the juncture of these lips, a little round oblong body is situated. This body is called the clitoris. Most of its length is bound down, as it were, pretty closely to the bone; and it differs in size in different females. Instances have occurred where it was so large as to enable the female to have venereal intercourse with others; and in Paris, this fact was once made a public exhibition of to the medical faculty. Women, thus formed, appear to partake, in their general form, of the male character, and are termed hermaphrodites. The idea of human beings, called hermaphrodites, which could be either father or mother, is doubtless erroneous. The clitoris is analagous in its structure to the penis, and, like it, is exquisitely sensible, being, as is supposed, the principal seat of pleasure. It is subject to erection or distention, like the penis, and from like causes.

The skin, which lines the internal surface of the external lips is folded in such a manner

as to form two flat bodies, the exterior edges of which are convex. They are called the *nymphae*. They extend downwards, one on each side, from the clitoris to near the middle of the external orifice, somewhat diverging from each other. Their use is not very evident. The orifice of the urethra (the canal, short in females, which leads to the bladder,) is situated an inch or more farther inward than the clitoris, and is a little protuberant.

Passing by the external lips, the clitoris, the *nymphae* and the orifice of the urethra, we come to the membrane called the hymen.

It is situated just at, or a trifle behind, the orifice of the urethra. It is stretched across the passage, and were it a complete septum, it would close up the anterior extremity of that portion of the passage which is called the vagina. But the instances, in which this septum or partition is complete, are very rare; there being, in almost all cases, an aperture, either in its centre, or, more frequently, in its anterior edge, giving the membrane the form of a crescent. Through this aperture passes the menstrual fluid. Sometimes, however, this septum is complete, and the menstrual fluid is retained, month after month, until appearances and symptoms, much like those of pregnancy, are produced, giving rise perhaps to unjust suspicions. Such cases require the simple operation of dividing the hymen. In

many instances the hymen is very imperfect, insomuch that some have doubted whether it is to be found in the genality of virgins.— Where it exists, it is generally ruptured in the first intercourse of the sexes, and the female is said to lose her virginity. In some rare instances it is so very strong as not to be ruptured by such intercourse; and the nature of the difficulty not being understood, the husband has sued for a divorce. But everything may be put to rights by a slight surgical operation. The parts here described are among those called the external parts of generation.

The internal organs of generation consist, in the female, of the vagina, the uterus, the ovaries and their appendages.

The vagina is a membranous canal, commencing at the hymen and extending to the uterus. It is a little curved, and extends backwards and upwards between the bladder, which lies before and above it, and that extreme portion of the bowels called the rectum which lies behind it. The coat, or membrane, which lines the internal surface of the vagina, forms a number of transverse ridges. These ridges are to be found only in the lower, or anterior half, of the vagina, and they do not extend all round the vagina, but are situated on its anterior and posterior sides, while the lateral sides are smooth. I men-

tion these ridges, because a knowledge of them may lead to a more effectual use of one of the checks to be made known hereafter.

The uterus, or womb, is also situated between the bladder and the rectum, but above the vagina. Such is its shape that it has been compared to a pear with a long neck. There is of course considerable difference between the body and the neck; the first is twice as broad as the last. Each of these parts is somewhat flattened. In subjects of mature age, who have never been pregnant, the whole of the womb is about two inches in length, and more than an inch and a half in breadth at the broadest part of the body. It is near an inch in thickness. The womb is situated downwards, and may be said to be inserted in the upper extremity of the vagina. It extends down into the vagina the better part of an inch. In the womb is a cavity, which approaches the triangular form, and from which a canal passes down through the neck of the uterus, or womb, into the vagina. This cavity is so small that its sides are almost in contact; so that the womb is a thick firm organ for so small a one. Comparing the cavity of the womb to a triangle, we say the upper side or line of this triangle is transverse with respect to the body, and the other two sides pass downwards and inwards, so that they would form an angle below, did they not, be-

fore they meet, take a turn more directly downwards to form the canal just mentioned. In each of the upper angles there is an orifice of such size as to admit a hog's bristle. These little orifices are the mouths of two tubes, called the fallopian tubes, of which more will be said presently. The canal, which passes through the neck of the womb, connecting the cavity of this organ with that of the vagina, is about a quarter of an inch in diameter. It is different from other ducts, for it seems to be a part of the cavity from which it extends, inasmuch as when the cavity, or the womb, is enlarged in the progress of pregnancy, this canal is gradually converted into a part of that cavity.

The lower extremity of the neck of the womb is irregularly convex, and tumid. The orifice of the canal in it is oval, and so situated that it divides the convex surface of the lower extremity of the neck in two portions, which are called the lips of the womb. The anterior is thicker than the posterior. The orifice itself is called the mouth of the womb. When the parts are in a weak relaxed state, the mouth or neck of the womb is quite low, and, in almost all cases, it may be reached by a finger introduced into the vagina, especially by a second person, who carries his hand behind, being from three to four inches.

The ovaries are two bodies of a flattened

or oval form, one of which is situated on each side of the womb, at a little distance from it, and about as high up as where the womb becomes narrow to form its neck. The longest diameter of the ovarium is about an inch.— Each ovarium has a firm coat of membrane. In those, who have not been pregnant, it contains from ten to twenty visicles, which are little round bodies, formed of a delicate membrane, and filled with a transparent fluid. Some of these visicles are situated so near the surface of the ovarium as to be prominent on its surface. They are of different sizes, the largest nearly a quarter of an inch in diameter.

In those, in whom conception has ever taken place, some of these visicles are removed, and in their place a cicatrix, or scar, is formed, which continues through life.— However, the number of cicatrices does not always correspond with the number of conceptions. They often exceed it, and are sometimes found where conception has not been known to have taken place.

The falopian tubes are two canals, four or five inches in length, proceeding from the upper angles of the cavity of the womb, in a transverse direction, in respect to the body. Having so proceeded for some distance, they turn downwards towards the ovaries. At their commencement in the womb they are very small: but they enlarge as they progress. The

large ends, which hang loose, terminate in open mouths, the margins of which consist of fimbriated processes, and nearly touch the ovaria.

We are now prepared to treat of conception. Yet, as menstruation is closely connected with it, and as a knowledge of many things concerning menstruation may contribute much to the well-being of females, for whom this work is at least as much designed as for males, I shall briefly treat of this subject.

MENSTRUATION.

When females arrive at the age of puberty, they begin to have a discharge once every month, by way of the vagina, of the color of blood. This discharge is called the menses. To have it is to menstruate. The age at which menstruation commences varies with different females, and also in different climates. The warmer the climate, the earlier it commences and ceases. In temperate climates it generally commence at the age of fourteen or fifteen; but cases have occurred in which they commence much younger; and it generally ceases at forty-four, or a little later. Whenever it commences, the girl acquires a more womanly appearance. It is a secretion of the uterus, or, in other words, the minute vessels distributed to the inner coat of the womb select, as it were, from the blood, and

pour out in a gradual manner, the materials of this fluid. It has one of the properties, (color) of blood, but it does not coagulate, nor separate into different parts like blood, and cannot properly be called blood. When this discharge is in all respects regular, it amounts in most females to six or eight ounces, and is from two to four days continuance. — When it is less or more than this time, we may suspect the female not to be in all respects regular. During its continuance the woman is said to be “unwell,” or out of order. Various unpleasant feelings are liable to attend it; but when it is attended with severe pain, as it not unfrequently is, it becomes a disease, and the woman is not likely to conceive until it be cured. During the existence of the “turns” or the “monthlies,” as they are often called, indigestible food, dancing in warm rooms, sudden exposure to cold or wet, and mental agitations, should be avoided as much as possible. The “turns” do not continue during pregnancy, or nursing, unless nursing be continued too long. Some women, it is true, are subject to a slight hemorrhage that sometimes occurs, with considerable regularity during pregnancy, and has led them to suppose they have their turns at such times; but it is not so; the discharge at such times is real blood.

The use of the menstrual discharges seems to be, to prepare the uterine system for conception. For females do not become pregnant before they commence, nor after they cease having their turns; nor while they are suppressed by some disease, cold, or nursing. Some credible women, however, have said, that they became pregnant while nursing, without having any turn since their last lying-in. It is believed that in these cases, they had some discharge, colorless perhaps, which they did not notice but which answered the purpose of the common one.

Women are not near so likely to conceive during the week before the monthly, as during the week after. But although the use of this secretion seems to be to prepare for conception, it is not to be inferred that the reproductive instinct ceases at the "turn of life," or when the woman ceases to menstruate. On the contrary, it is said this passion increases at this period, and continues in a greater or less degree to an extreme age.

CONCEPTION.

The part performed by the male in the reproduction of the species consists in exciting the orgasm of the female, and depositing the semen in the vagina. Before I enquire what takes place in the female, I propose to speak of the semen.

This fluid, which is secreted by the testicles, may be said to possess three kinds of properties; physical, chemical, and physiological. Its physical properties are known to every one;—it is a thickish, nearly opaque fluid, of a peculiar odor, saltish taste, &c. As to its chemical qualities, it is found by analysis to consist of 900 parts of water, 60 of animal mucilage, 10 of soda, and 30 of phosphate of lime. Its physiological property is that of exciting the female genital organs in a peculiar manner.

When the semen is examined by a microscope there can be distinguished a multitude of small animalculæ, which appear to have a rounded head and a long tail. They move with a certain degree of rapidity. They appear to avoid the light and to delight in the shade. Luenhoek, if not the discoverer of the seminal animalcules, was the first who brought the fact of their existence fully before the public. With respect to their size he remarks, that ten thousand of them might exist in a space not greater than a grain of sand. They have a definite figure, and are obviously different from the animalcules found in any other fluid. Luenhoek believed them to be the beginnings of future animals; that they are of different sexes, and he thought he could discover a difference of sex, upon which depends the future sex of the fœtus. Be this

as it may, it appears to be admitted on all hands, that the animalcules are present in the semen of the various species of male animals, and that they cannot be detected when either from age or disease the animals are rendered sterile. "Hence," says Bestock, "we can scarcely refuse our assent to the position, that these animalcules are in some way or other instrumental to the production of the fetus."

The secretion of the semen commences at the age of puberty. Before this period the testicles secrete a viscid, transparent fluid, which has never been analyzed, but which is doubtless essentially different from semen.—The revolution, which the whole animal economy undergoes, such as the tone of the voice, the development of hairs, the beard, the increase of the muscles and bones, &c., is intimately connected with the existence of the testicles, and the secretion of this fluid — "Eunuchs preserve the same form as in childhood; their voice is effeminate; they have no beard; their disposition is generally timid, and finally their physical and moral character very nearly resembles that of females. Nevertheless, many of them take delight in venereal intercourse, and give themselves up with ardor to a connexion that must forever be unfruitful."†

The part performed by the female in the

†Magendie's Physiology.

reproduction of the species is far more complicated than that performed by the male. It consists, in the first instance, in providing a substance, which in connection with the male secretion is to constitute the fœtus; in furnishing a suitable situation in which the fœtus may be developed; in affording due nourishment for its growth; in bringing it forth; and afterwards in furnishing it with food especially adapted to the digestive organs of the young animal. Some parts of this process are not well understood, and such a variety of hypothesis have been proposed to explain them, that Drelincourt, who lived in the latter part of the 17th century, is said to have collected 260 hypotheses of generation.

It ought to be known that women have conceived when the semen was merely applied to the parts anterior to the hymen, as the internal surface of the external lips, the nymphæ, &c. This is proved by the fact, that several cases of pregnancy have occurred when the hymen was entire. This fact need not surprize us; for agreeable to the theory of absorption, we have to account for it, only to suppose that some of the absorbent vessels are situated anterior to the hymen; a supposition by no means unreasonable.

There are two peculiarities of the human species respecting conception, which I will notice. First; unlike other animals, they

are liable, and for what has been proved to the contrary, equally liable, to conceive at all seasons of the year. Second; a woman rarely, if ever, conceives until after having had several sexual connexions; nor does one connexion in fifty cause conception in the matrimonial state where the husband and wife live together uninterruptedly. Public women rarely conceive, owing probably to a weakened state of the genital system, induced by too frequent and promiscuous intercourse.

A woman is most likely to conceive, first, when she is in health; second, between the ages of twenty-six and thirty; third, after she has for a season been deprived of the intercourses she had previously enjoyed; fourth, soon after a monthly turn.

It is universally agreed that sometime after a fruitful connexion, a vesicle, (two in case of twins,) of one or the other ovary, becomes so enlarged that it bursts forth from the ovary, and takes the name of ovum, (egg;) which is taken up, or rather received as it bursts forth, by the fimbriated extremity of the falopian tube, and is then slowly conducted along the tube into the womb, to the inner surface of which it attaches itself. Here it becomes developed into a full grown foetus, and is brought forth about forty-two weeks from the time of conception by a process termed parturition. But one grand question is how the

semen operates in causing the vesicle to enlarge, &c.; whether the semen itself, or any part thereof, reaches the ovary, and if so, in what way it is conveyed to them. It was long the opinion that the semen was ejected into the womb in the act of coition; and that it afterwards, by some unknown means, finds its way into and along the falopian tubes to the ovary. But there are several facts which weigh heavily against this opinion, and some that entirely forbid it. In the first place, there are several well-attested instances in which impregnation took place while the hymen remained entire, where the vagina terminated in the rectum, and where it was so contracted by a cicatrix as not to admit the penis. In all these cases the semen could not have been lodged any where near the mouth of the womb, much less ejected into it. Secondly; it has followed a connexion where, from some defect in the male organs, as the urethra terminating some inches behind the end of the penis, it is clear that the semen could not have been injected into the uterus, nor even near its mouth. Third; the neck of the unimpregnated womb is so narrow as merely to admit a probe, and is filled with a thick tenaceous fluid, which seemingly could not be forced away by any force which the male organ possesses of ejecting the semen, even if the mouth of the penis were in oppo-

ition with that of the womb. But, fourth: the mouth of the womb is by no means fixed. By various causes it is made to assume various situations, and probably the mouth of the penis rarely comes in contact with it. Fifth; "The tenacity of the male semen is such as renders its passage through the small aperture in the neck of the womb impossible, even by a power or force much superior to that which we may rationally suppose to reside in the male organs of generation." Sixth; "Harvey and De Graaf dissected animals at almost every period after coition, for the express purpose of discovering the semen, but were never able to detect the smallest vestige of it in the womb in any one instance.‡

Another question of considerable moment relating to generation is, From which parent are the first rudiments of the foetus derived?

Authors have differed, from ancient to modern times in their views upon this question. And I shall not make myself a party in the controversy. It is apparent say the ancients, that the seed of man is the principle efficient, and beginning of action, motion, and generation, yet it is evident that the woman doth afford seed, because she has seminal vessels, which else had been given to her in vain; but since nature forms nothing in vain, it must be granted they were made for the use of seed

‡Dewees' "Essays on Superfecundation."

and procreation, and fixed in their proper places to contribute virtue and efficacy to the seed: But against this our modern writers affirm that the ancients were very erroneous; forasmuch as the testicles in women do not afford seed, but are two eggs, like fowls' eggs, or other creatures', neither have they any such office as men's, but indeed are receptacles for eggs, wherein these eggs are nourished by the sanguinary vessels dispersed through them; and from thence, one or more of them as they are impregnated by the man's seed, are conveyed into the womb from the ovaries. And the truth of this say they is plain, that if you boil them, their liquor will have the same color and taste as birds' eggs. And if it be objected, that they have no shells, the answer is easy; neither have the eggs of fowls, while in the ovary, nay, after they have fallen into the womb, have no shells; and though they have one when they are laid, yet it is no more than a fence to preserve them from injury, they being hatched within the body, have no need of any other fence than the womb to secure them.

SUPERFOETATION.

. A woman impregnated while she is already impregnated, constitutes Superfoetation. — There is no doubt that such instances have occurred. A woman of Lenawee county, in

this state, was delivered of three children at one birth; one was about seven months, and the other two about three; all were dead at their birth. The woman lived but a few weeks; her death was supposed to be caused by the rashness of the physician. Dr. Dewees relates two cases, evidently cases of superfoetation, that he was personally acquainted with. One of them I will give in his own words: "A white woman, servant to Mr. H. of Abington township, Montgomery county, was delivered, more than thirty years since, of twins; one of which was perfectly white, the other perfectly black. When I resided in that neighborhood, I was in the habit of seeing them daily, and also had frequent conversations with Mrs. H. respecting them.— She was present at their birth so that no possible deception could be practised respecting them. The white girl is delicate, fair skinned, light hair, and blue eyed, and is said very much to resemble the mother. The other has all the characteristics of the African. She is said to resemble a negro they had on the farm, but with whom the woman never acknowledged an intimacy; but of this there was no doubt, as he and the white man with whom her connexion was detected ran from the neighborhood as soon as it was known the girl was with child."

Properly connected with this subject are the

SIGNS OF PREGNANCY.

If a woman has been more desirous of copulation than usual, and taken more pleasure in it, it is a sign of conception. If she retains the seed after copulation; if she finds a coldness and chilliness after copulation, it shows that the heat has retired to make conception. Loathings, loss of appetite, a desire for things she cannot obtain, are signs of conception.— If the veins of the breasts are more plainly seen than formerly; if the tops on the nipples look redder than formerly, and the breasts begin to swell, and grow harder than usual, especially, if this be attended with pain and soreness; if a woman have twisting and griping pains, much like those of the cramp in the belly and about the naval—it is a sign she has conceived.

Stop the woman's urine in a glass or phial for three days, and hang it in a warm place, and then strain it through a fine linen cloth, and if you find living creatures in it, you may certainly conclude the woman has conceived. Put a green nettle in her urine and cover it close a whole night, if she has conceived the nettle will be full of red spots, if not, it will be blackish. Likewise she may suppose she has conceived if her turns are suppressed: this, however, is not a certain sign, as cold, and other causes, may suppress the menses.

A woman may also know, by the following.

sign, whether she has conceived a male or a female child: If her right nipple is redder than the left, her right breast harder and more plump, she has conceived a male child. Also her color is more clear, nor is she so swarthy as when she has conceived a female. Let her drop a drop of breast milk into a basin of fair water; if it spreads and swims at top, it is a boy; but if it is round as it drops in, and sinks to the bottom, it is a girl. What is a sign for a boy, the opposite is always a sign for a girl.

CHAP. III.

OF PROMOTING AND CHECKING CONCEPTION.

STERILITY, OR BARRENNESS, depends either on imperfect organization, or imperfect action of the organs of generation. In the former cases, which are rare, the menses do not generally appear; the breasts are not developed, and the sexual desire is inconsiderable. There is no remedy in these cases. The action may be imperfect in several respects. The menses may be obstructed or sparing, or they may be too profuse or frequent. It is not common for a woman to conceive that does not menstruate regularly. Hence, where this is the case, the first step is to regulate their periodical discharges. If a woman has her turns too frequently, it is generally owing to a

weakness of the genital organs, which may have been caused by cold, or other causes.—To remove this; take hot medicine, such as cayenne, red pepper, ginger, composition, or herb tea, and produce a perspiration; then, take, third, preparation of No. 1, in tea-spoonful doses every hour, until the stomach is well cleansed, which will take from three to four times' vomiting; apply the black rheumatick or strengthening plaster, or green wax, to the small of the back; use freely of No. 3, or canker compound in tea, and No. 4 bitters; follow up the course of the third preparation, as above, every other day, until the cause is removed; and also use a female syringe in this case, with the preparation No. 1, found in the recipes for such purposes, if that is not sufficient, use No. 3, under the same head. This course I never knew to fail. Or take cathartic No. 1, found in recipes, according to the directions there laid down, instead of the third preparation.

Where the menses do not appear as early as they ought—which may be known by occasional pains across the lower part of the abdomen, and various other symptoms known to all mature females, or if they do not appear so freely as they ought; first, evacuate as above, then use a syrup prepared in the following manner, viz:—Take 10 quarts by measure of cowslip roots, boil them in water until

the strength is out, then strain and press out the juice, boil the liquor down to one pint; then add as much good brandy; put in this mixture $\frac{1}{2}$ oz. cayenne pepper, and $\frac{1}{2}$ oz. nerve powder, shake them well together; then for a dose, take one table spoonful three times a day. Or take a tea of feather-few every day, and soak the feet in warm water and sweat by taking hot medicine on going to bed, and covering up warm in bed. Or, use tansy and catnip, the same as the above, always remembering to vomit freely and frequently with the 3d preparation, while attending to the above directions. Or take the cathartic No. 1, instead of the 3d preparation, and if all these fail, as soon as the general health is good, which must be attended to first of all; in addition to soaking the feet and giving herb tea, give the female bitters Nos. 2 and 3, and occasionally No. 5; this will produce the effect.

There is another complaint which is very weakening to the female and deleterious to conception; which is known to medical men by the name of *flour albas*; it is frequently called "whites" by females: it consists in a discharge of a white phlegmy matter from the vagina, sometimes thin and transparent, and sometimes it is thick. This, too, may be cured by the frequent course of the 3d preparation, and a plaster on the small of the back.

use freely of the bitters No. 4, and also the female syringe.

A state of exhaustion, or weakness of the uterine system, occasioned by too frequent intercourse is a frequent cause of sterility.—The sterility of prostitutes is attributed to this cause, but I doubt its being the only one.—With females who are apparently healthy, the most frequent cause is torpor, rather than weakness of the genital organs. For the removal of sterility from this cause, I shall give some instructions, and this I do the more readily, because the requisite means are such as will also regulate the menses in many cases where they do not appear so early in life, so freely or so frequently as they ought:—First, vomit with the 3d preparation, or give the cathartic No. 1; make a free use of ox-balm blows, or horse-mint, as it is called, and use the female bitters No. 4; keep the bowels open with pills prepared in the following manner:—Take of green butternut bark, boil out the juice and boil it down a little thicker than thick molasses; when it is cold, add powdered mandrake root, sufficient to form a mass for pills, make and roll in flour. These pills should be taken from 1 to 3 every night on going to bed; a dose for physic is 6, to be repeated in four hours if it does not operate. The above pills is the best family phy-

sic that I know of for common use; they are not dangerous.

But the cheapest, most simple, and, I am not prepared to say it is not the most effectual in many cases, is Cayenne. All the virtues of this article are not generally known, even to physicians. I know it does not have the effect upon the coats of the stomach that many imagine. It may be taken from one to two rising tea-spoonful, or even more, two or three times a day, in any liquid vehicle.

Another medicine for arousing the genital organs is the tincture of Spanish flies. But I would not recommend their use.—Put one drachm in two gallons of spirits—Dose. 25 drops, in water, three times a day, increasing each one by 2 or 3 drops, until some degree of stranguy occurs. Then omit until this passes off, as it will, in a day or two.

STERILITY.

In relation to sterility, I could here bring to mind what has been before stated, that a woman is most likely to conceive immediately after a menstrual term. And now, also, let me suggest the idea, that nature's delicate beginnings may be frustrated by the same means that put her agoing. This idea is certainly important, when it is known the woman has miscarried a number of times.*

* Miscarriage, Prolapsus, or any weakness or do.

Sterility is sometimes to be attributed to the male, though he be apparently in perfect health. It would be an interesting fact to ascertain, if there be no seminal animalcules in these cases; and whether medicines of any kind are available. It has been ascertained that a male and female may be sterile in relation to each other, though neither of them are so with others.

The foregoing measures for sterility, are also suitable in cases of

IMPTOTENCY.

This term, I believe, is generally confined to, and defined, a want of desire or ability, or both, on the part of the male; but I see no good reason why it should not comprehend the cases in which there is neither desire nor pleasure with the female. Such females, it is true, may be fruitful; but so, on the other hand, the semen may not have lost its fecundating property.

IMPTOTENCY, at a young or middle age, and in some situations of life especially, is certainly a serious misfortune, to say the least of it. The whole evil by no means consists,

bility of the female department, may generally be cured by the use of the female syringe, with the preparation No. 5, for that purpose, from once an hour to once a day, according to the symptoms; at the same time attending to the general health, by cleansing the stomach, and strengthening the system.

in every case, in a loss of a source of pleasure. All young persons ought to be apprized of the causes of it;—causes, which in many instances greatly lessen one's ability of giving, and receiving that pleasure which is the root of domestic happiness. I shall allude to one cause, that of premature, and especially solitary gratification in another place. This is very debilitating and injurious to the system. Intemperance in the use of spirits is another powerful cause. Even a moderate use of spirits, and also of tobacco in any form have some effect. It is a law of the animal economy that no one part of the system can be stimulated, or excited by narcotics, without an expense of vitality as it is termed. That part which is stimulated draws the energy from other parts. And sometimes close and deep study, as well as all the mental passions, when excessive, impair the venereal appetite. All excesses, all diseases, and modes of life, which impair the general health, impair this appetite, but some things more directly and powerfully than others.

THE REMEDIES FOR IMPOTENCY are the same as for sterility. It is of the first importance that the mind be relieved from all care and anxiety. The general health is to be improved by temperance, proper exercise in the open air, cheerful company, change of scene-

ry, or some occupation to divert the mind, without requiring much exercise of it; nourishing food of easy digestion; flannel worn next the skin, &c. Graham bread is the best in these cases.

CHECKS.

There has been several means proposed for checking conception. I shall briefly notice them, though the best is what concerns us. That of withdrawal before emission is effectual, if practised with sufficient care.—But if, (as I believe,) Dr. Dewees' theory is correct, and as Spallanzani's experiments show, that only a trifle of semen even largely diluted with water; may impregnate by being injected into the vagina, it is clear that nothing short of entire withdrawal is to be depended on.

Another check is, to take a small piece of sponge, moistened with alum water, with a narrow piece of ribbon attached to it, introduce this into the vagina immediately before connexion, and withdraw immediately after.

Another check I shall recommend which I consider preferable to any of the foregoing. It consists in syringing the vagina immediately after connexion, with a solution of alum, or preparation No. 3, for female syringe, which produces no unfavorable effect on the female.

but acts chemically on the semen, and destroys its fecundating property.

In all probability a vegetable astringent might answer the same purpose; as many of the articles mentioned under the head of No. 3, or caskèr compound, if made strong.

Take a lump of alum the size of a chestnut, dissolved in a pint of water, make the solution weaker or stronger, as it may be borne; this solution will not lose its virtue by age. A female syringe, which will be required in the use of this check, may be had at the shop of an apothecary for about a shilling. The syringe should be filled about twice, and injected into the vagina after connexion, the sooner the better, although five minutes may not be mischievous. This may be done without much inconvenience to the female by having a bottle in the bed, with a mouth large enough to receive the end of the syringe; let the woman have a cloth ready to place under her, and she need not leave her bed to use the syringe, as this is its only objection; and it would be unreasonable to suppose that any check can ever be devised entirely free of objections. In its favor, it may be said, it costs nearly nothing; it is sure; it requires no sacrifice of pleasure; it is to be used after, instead of before connexion—a weighty consideration in its favor, as a moment's reflection will convince any one; it is

in the hands of the female; and last, not least, it is conducive to cleanliness, and preserves the parts from relaxation and disease.

The vagina, when relaxed and weak, may be very much contracted by a persevering use of astringent injections, and they are frequently used for this purpose.

Those who have used this check, (and some have used it, to my certain knowledge, with entire success, for nine or ten years, and under such circumstances as leave no room to doubt its efficacy, affirm they would be at the trouble of using injections merely for the purpose of health and cleanliness, (if they did not prevent conception.)

I have now gone through with what I proposed on this subject. I shall now change the subject, and treat upon *obstetrics, or midwifery* in general, together with some female complaints; in doing this I shall take extracts, such as I deem proper, from other authors, and conform them to the present improved system of medicine; in doing which I shall endeavor to use such language as will not bring a guilty blush upon the cheek of the fair sex, for whom this work is as much designed as for males.

CHAPTER IV.

MIDWIFERY, OR OBSTETRICS.

The first thing, in this connection is, PREGNANCY, and the various diseases incident thereunto.

This state of the female system may be said to be, a kind of nine months' sickness; for females are subject to various unpleasant feelings, and various diseases, that they are not subject to, under other circumstances; some of the most prominent I shall mention in this connexion.

SICKNESS AT THE STOMACH, is one of the first of the unpleasant feelings experienced after conception; although some few females are not subject to it. Where this occurs, if the tongue is not furred, the pulmonary or liver pills, taken at meal times and on going to bed, what the stomach will bear without sickening too much, or *hercuma* and *capsicum*, equal parts taken three or four times a day, will generally have the desired effect during the first months of gestation. Where this fails, or where the tongue is furred, or fever, &c., then a gentle emetic of the 3d preparation, followed with the foregoing medicine, will have the desired effect.

UNNATURAL CRAVINGS.

These should be indulged in, as far as they can be without injury to the health; yet food and drink should be of easy digestion."

THE BREASTS,

from their intimate connexion and sympathy with the womb, sometimes become swelled and painful. In this case, wear flannel over them, or put rheumatic drops on them, or a plaster of green wax warm will generally give relief. This may be spread on a thick cloth, or a thin leather, with a hole cut through the middle for the child to nurse through.

If the foregoing treatment should be neglected until they supurate, as they sometimes do, then wear the green plaster on them; change it twice a day, keep the bowels relaxed by mild cathartics, give the tar-syrup, blood-medicines, tonics, &c. till well; but if the first directions are attended to in season, the second will never be needed. The stramonium herb, or a poultice made of the dry

"There are many views about the cravings of the mother changing the features or form of the foetus during pregnancy; be this as it may, I shall not make myself a party in the controversy; but would recommend proper care at such times, as this can do no harm at least,

herb, vinegar and meal, will generally give ease, when the green wax draws too hard.

If after delivery the same symptoms occur, the same treatment will effect a cure.

A case of this kind came under my observation a few years since: the lady was confined on Tuesday, on Saturday she took a violent cold; Sunday morning I was sent for; she had considerable fever, a heavy coat on the tongue, and all show had stopped, the breasts were swelled so that not one drop of milk could be drawn from them. The women present advised me not to do any thing for her, as she was passed cure, and if I prescribed I should have the name of killing her, and therefore, for my own credit and the good of the practice, I had better let her die, without doing anything for her. But thinking otherwise, I commenced by giving cathartic No. 1, a tea-spoonful every hour, until it operated as physic, which it did between four and five hours after, her show then became natural at that time. I gave also the compound for canker, and put a green wax plaster all over both breasts, cutting a hole out of the middle for the babe to nurse through;—in twenty-four hours she was out of danger, the cakes were out of the breasts, as was also the soreness, and with common restorative medicines she was soon well. I have seen numbers die under the regular practice not near as bad as

she was. But by the above treatment I have been able to save every case of like nature, which has ever come under my care: which has been very many.

PALPITATION OF THE HEART,

is a most disagreeable sensation, and when it attends the whole period, must be treated with stimulants, liver and nerve medicines. The 3d Preparation is an excellent medicine in this case, given in small sickening doses several times a day, and the composition is also very good, as it is a canker and stimulating medicine. When this symptom occurs during the latter months of pregnancy, the stomach should be cleansed, and the above medicines, tonic bitters, &c. should be given.

HYSTICAL AND FAINTING FITS

sometimes occur about the fourth month, and though alarming in appearance, are seldom attended with danger. For these symptoms, use stimulants, nerve powders, hysteric pills, &c.; sometimes an emetic or cathartic should be given, especially if the appetite is poor or tongue furred. The blue skull-cap is the best nerve medicine I have ever used.

BEARING-DOWN PAINS,

during pregnancy, or at any other time, is very disagreeable, weakening, and sometimes

fatal. If these pains are slight, they may be cured with the Composition, or Compound for Canker, and hot medicine freely given, and there is no danger of giving too much of them, but if they are attended with a constant call to stools, difficulty in voiding urine, or flowing: the female should take her bed; take an emetic, or the cathartic No. 4; give freely of the Composition, or Canker Compound, and hot medicines all the time, with the pulmonary or liver pills until relief is obtained. Cathartics should not be given in these cases, unless a plenty of Canker and hot medicines are given at the same time.*

COSTIVENESS OR PILES.

Women are too apt to disregard costiveness till it sometimes causes disagreeable, sometimes dangerous consequences, there should always be from one to two evacuations every day, which may generally be effected by

* If the above treatment fails, use the Canker tea, with a little hot-drops in it, with the female syringe, or the Preparation No. 3, for the female syringe. See Dysp. As Thompson says, this will relieve like throwing water on fire. The same treatment for bearing-down or flowing, whether pregnant or not, is the same and the above will always cure, if persevered in, either before, or after delivery.

taking the pulmonary pills, or the anti-dyspeptic powders, four times a day, that is, at meal times and on going to bed; if that does not produce the desired effect, give, at night, one or more of the Laxative Bilious Pills, enough to keep the bowels a little relaxed, if the tongue is furred, or appetite poor, give a gentle emetic of the 3d Preparation, sometimes a cathartic will do with the above powders, pills, &c.

PILES,

at any time should be treated in the same manner. Give one tea-spoonful of pulverized sumac leaves, with two table-spoonful of sale molasses, three or four times a day; if this fails, use the common Compound for canker, with a syringe, in tea, several times a day; if they are external, use the pile ointments and the canker tea; first wash with the tea and then apply the ointment.

HEART BURN.

This is caused generally by a sour stomach, which may commonly be cured by giving alkalies, such as lime-water, magnesia, sal soda, white lie, or sut tea; to eat slippery elm is very good; or the pulmonary pills may be taken four times a day to good advantage.

SWELLING OF THE FEET AND LEGS,

sometimes occurs, when the female is not

pregnant, but it is a frequent symptom during gestation, especially during the latter months; all these appearances are symptoms of dropsy, as it is a weakened or deranged state of the kidneys and urinary organs. In common cases, but more generally in pregnancy, the kidneys are pressed by the enlargement of the womb, which injures their action, the urine not being secreted by the kidneys is left in the blood which lodges in the flesh; that causes it to swell. The remedy in this case is, in addition to attending to the general health, the diuretics must be used freely in tea, tincture or syrup, until relief is obtained, which will be after, if not before delivery. Or give the Harlem oil, according to the directions in the recipes.

CRAMPS.

For these, use freely of the nerve medicines, or pulmonary pills, and if bad, bathe occasionally with stimulating liniment, hot drops, the pain extractor, &c.

CONVULSIONS.

These may be cured by a constant use of the 3d Preparation and pulmonary pills, vomiting with the 3d Preparation occasionally, whether pregnant or not. The same treatment will cure all cramps and fits of every description (except hysterics) if persevered in.

FOR FITS IN CHILDREN.

I use the tincture of Lobelia,* and cathartic tincture, equal parts, which is a sovereign remedy for fits in children, caused by worms, or other causes. After the physic operates, give the tincture alone, as the symptoms require; if they vomit it will not hurt them — I could give a score of cases as evidences of the above treatment being a sure remedy in all cases of fits, under all circumstances, among children. Be sure to give enough to stop the fits, for there is no danger in giving too much.

ABORTION, OR MISCARRIAGE,

is the birth of the foetus before the full time of labor has come, or when the child cannot live. This is preceded by the flowing of the female. As I have already spoken of this, I shall only mention two or three cases with their treatment.

A case of this kind came under my observation, most singular and unheard of, which is as follows: I was called to see a lady who

*For this tincture, I prefer steeping slow, close covered, (not boil,) equal parts of skull-cap and lobelia herb, for some time; then add one pint of alcohol to two quarts of the decoction, and use as the common tincture, or 2d Preparation of No. 1, of Thompson.

was flowing. I gave her white pond-lilly root with capsicum, and hot drops, and a little rhubarb to relax the bowels a little, and left, telling her to follow this course, and if the foetus was not dead it would stop her flowing, if it was, it would regulate and bring it away in a few hours. She miscarried, and I examined the birth, and found it to be a girl, supposed to be not far from three months: the woman soon got about by using proper restoratives, such as bitters, stimulants, &c.

Sometime after this, I called; the woman told me of her feeling something like the motion of a child lying on the right side, with other symptoms, which induced me to believe she was in a family way. I told her so, altho' the time was not sufficient since the abortion; however, in about six months from the time of the abortion she was delivered of a male child, full grown, which was smart and did well; which proved that the medicine produced such an effect as to save the one after the other was dead.

ABORTION,

during the latter months, should be treated after delivery, as in mature cases, and in all cases should be treated as before directed for flowing, and after, attend to the general health, by giving mild cathartics, stimulants, canker medicine, composition, pulmonary pills, &c.

Females, who have miscarried, should be extremely careful at the time of their miscarriage in their next pregnancy, as they will be more likely to miscarry a second time, than the first.

RULES FOR WOMEN THE FIRST 3 MONTHS AFTER CONCEPTION.—As soon as a woman knows she has conceived, she ought to abstain from all violent motion, or exercise in walking, or riding; be careful about lifting, or reaching up with the hands. Let her abstain from venery, from fear of a false conception, or superfoetation. (I had one case of a false conception and regular foetus together; she miscarried at the end of the fifth month with both; she by the common treatment soon got well.) Let her keep as easy as possible both in mind and body, and drink freely of the composition tea, or mothers relief, during the whole time of gestation, and attend to the general health by emetics, tonics, &c., *Cathartics*, unless of the mildest kind, should not be given till after *quickening*, then it may answer, but is not very good in any case: mild laxatives may be given to regulate the bowels, such as rhubarb, magnesia, the laxative billious pills, &c.

During the later months of *gestation*, take the mothers relief, or mothers cordial, squaw vine, composition, &c., and have no fears but what nature will do her own work in due time.

LABOR.

I come now to speak of labor: "In the earliest ages of the world this subject received the attention of persons who made pretensions to ability in assisting nature in her efforts, and they had their patrons."

"Such is the apprehension of woman under these circumstances, and so acute is the pain in the final termination, that they willingly submit to any treatment from which the pretender promises relief."

"It was this that caused woman, who made it their business to attend to such cases, to multiply their medicines and means of treatment, knowing their employment depended more on pretensions, than any actual service they could render, and as the whole was a process of nature, it was certain, and became apparent, that serious injury resulted from the over officiousness of those old hags, and called loudly for reform; not to teach what to do, but to teach when and what not to do, and that nature in ninety-nine cases out of a hundred will do her own business in due time."

"But no sooner than physicians had undertaken this reform, finding it a source of immense gain, followed the same course the women had done before them, till the names of diseases and medicines in this state became almost numerous; nor is this all, they couched them in a dead language which was per-

fectly unintelligible to the mass of mankind, and made arbitrary divisions of labor, and covering all with technical terms and ambiguous phraseology; teaching that it was absolutely necessary to understand these in order to practice successfully and in doctor style, or in a scientific manner, thus making the last evil worse than the first."

"For such is the custom of the present age, that it is thought that a physician is absolutely indispensable, so that if the physician cannot be had, a beardless student often fills his place, who is less qualified for the business than any woman in attendance."

"The physician must be conscious he does not render an equivalent for the money he receives, for the services he renders, but this is not the greatest evil of employing male midwives; it is forcing a barrier too sacred, and entering upon premises too hallowed for the most refined of the faculty."

"There are but few cases in which a physician is needed; the husband, (whose business it is,) or any woman who is careful, that has had children, with a little information, can assist nature all that is necessary in natural labor." This information may be obtained from the following pages:

NATURAL LABOR.

"This generally begins about two hundred and seventy-three days, or thirty-nine weeks from conception; some women are often deceived in the time for their labor to commence by premature, or untimely pains; these are sometimes so regular as to deceive those that have had children; they are disagreeable, weakening and painful."

I had one case of this kind, where I was sent for more than four months too soon; the woman affirmed her true time had come. I gave her some red raspberry leaf tea with hot drops, cayenne and a little third preparation, not enough to sicken much, her pains soon ceased, and the next day she was able to do her work; these pains often returned, but the above medicine would soon give relief; altho' twice after this she got out of patience and sent for me, but each time I gave the raspberry tea, composition, hot drops, cayenne, &c., which gave immediate relief; the last time I was there before she was confined, I told her to use this medicine without any fears, as it would regulate her pains, if untimely, it would stop them, if timely, it would regulate them as nature required. She followed it up a few weeks, often affirming she meant to quit taking the medicine, for she never should be confined as long as she took it; at length her

pains returned again, and again she took the medicine, and her pains increased; they sent immediately for me, and in five hours she was delivered of a smart healthy girl which lived and did well, as also did the mother. I gave the same medicine to stop the after pains which it always does. This same course will regulate the flowing, if too profuse, it checks it, if not enough it regulates that way; be not afraid to use it freely, give enough, too much you cannot give, and stop using the medicine when you produce the desired effect, and not till then.

CLASSIFICATION OF LABORS.

“The division of labors originally made by Hypocrates into natural and preternatural, is sufficiently comprehensive, whilst it forcibly recommends itself by its simplicity and perspicuity.”

“*Natural Labor*, supposes three things—first; that the crown of the head presents—second; that there shall be sufficient room in the pelvis to admit of the ready descent of the child in that direction which permits the back part of the head to emerge under the arch of the pubis”—third; “that there be parturient energy adequate to the expulsion of the contents of the womb without any interference,” more than to put back the folds of the vagina with one or two fingers, and without danger

either to the mother or child—and, fourth: “that the process of delivery be completed within a moderate time.”

STAGES OF LABOR.

“Certain occurrences take place during the process of delivery, which may be managed under three divisions, or stages; the first comprehends all that may occur before the complete dilatation of the orifice of the womb; the second includes all that takes place between the development of the neck of the womb, and the expulsion of the child; the third embraces every thing connected with the detachment and expulsion of the placenta or afterbirth, and its adherent membranes.”

SYMPTOMS PRECEDING LABOR.

“For several days before the actual existence of labor, there are certain premonitory symptoms, which by women who have born children, are viewed as precursors of that eventful hour, which many of them so much dread.” Among these are “RESTLESSNESS,” particularly at night, which frequently precedes delivery for days and weeks. To relieve this, nervines, composition, raspberry tea, or the mothers relief, squaw vine, &c., are the most to be depended on. They also prepare the system for an easy and quick delivery; any one using the above medicines

will not do without them, especially if they have been subjected to the popular practice before, for, says Dr. Robinson, "this practice has almost taken the curse from the daughters of Eve pronounced upon them by our Maker." One woman said, "it was easier to have half a dozen children by the new practice, than one by the old," and she had had experience in both practices; hundreds and thousands can testify to the same.

"Subsidence of the womb and the abdomen, is not an unusual monitor of the approach of suffering." It may be viewed favorably, inasmuch as it indicates room in the pelvis:

A glary mucus secretion from the neck of the womb and vagina, "popularly termed *show,*" sometimes occurs for days before the more urgent symptoms of labor. It is often streaked with blood, and seems to lubricate the parts concerned in parturition.

"Irritability of the rectum and bladder, demanding their immediate relief, is another occasional sign of labor."

SYMPTOMS ACCOMPANYING LABOR.

"Owing to the resistance which the womb encounters during its contractile efforts, pain follows every such contraction; but the pain attendant on parturition differs very materially in its nature, and its influence in the womb." These paroxysms of pain are either "intestinal or uterine."

"*Paroxysms of intestinal pain*," or such as are termed *false or spurious pains*, may be distinguished from genuine labor-pains, by being unconnected with contractions of the womb; by attacking different parts of the abdomen; and by recurring irregularly. These pains originate in some source of intestinal irritation, and almost always may be removed by emptying the bowels, and administering the last mentioned medicines. This determines immediately whether they are "true or spurious pains," for if the latter they will soon be quelled.

"*The true pains*," are either "dilating or expulsive."

"*Dilating pains*," or as they are popularly termed, "grinding pains," result from the contraction of the womb. They are principally confined to the back, and occur in the earliest stages of labor, and are often peculiarly distressing to the patient, who expresses herself by restlessness, despondency, and oftentimes by moaning. They sometimes continue a long time without the intermissions being free from uneasiness, and appear almost exclusively to dilate the mouth of the womb, having little influence over the body of it. When the mouth of the womb is considerably dilated, *expulsive pains* sometimes called *forcing* or *bearing down pains*, commence in the loins and proceed gradually around the abdomen,

till they meet at the pubis, and dart down the thighs. If the accouchers hand be placed on flacid sides of the abdomen, previous to a paroxysm of bearing down pain, before the woman is aware of it, the womb may be felt contracting to a hard, tense, incompressible tumor. These pains observe regular intervals of ease, which become shorter, whilst the pains, in an inverse ratio, increase in their duration and severity; and now it is that the abdominal muscles and diaphragm afford their assistance. During each propulsive effort, a larger portion of the membranes, distended with the liquor of the egg, is forced through the mouth of the womb, performing to it, and all the parts through which the child is to pass, the office of an easy but powerful wedge. With these pains there is often a disposition to empty the rectum, and sometimes this inclination is so harrassing as to require the administration of a small clyster, made of the compound for canker, slippery elm, nerve teas and hot drops or third preparation, not enough of the latter to cause irritation or smart.

VOMITING, is not an uncommon attendant on parturition pains. They unquestionably assist in the relaxing and dilating the mouth of the womb. If this vomiting should continue severe, where nothing has been given to cause it, and the mouth of the womb is sufficiently distended and a substance is thrown

up that is dark like coffee grounds, it should be stopped by giving a strong tea of the common garden pig-weed seeds, ripe, which is perfectly safe and efficacious to stop all cases of vomiting, under all circumstances, and may be given without reserve. When the mouth of the womb does not relax and distend fast enough, or the dilatory pains are not sufficiently strong, or in the right place, or the strength of the woman seems to fail, give enough of the third preparation, together with No. 6 and composition to keep up the strength; if it should cause vomiting be not alarmed, as it will only regulate nature, and assist her to do her own work in due time.

I had a case where the regulars would have used instruments, as she was a feeble female, laboring under chronic disease, and the head of the child was very large, but by a free use of the third preparation I succeeded in the case admirably; although I gave several ounces of third preparation with No. 6 and other hot medicines, it did not vomit till after she got to bed, and then she vomited freely and soon got about, and did better than she had ever done before, although she had had several children under the regular practice previous to this.— And I think that instruments is seldom, if ever, needed in natural labor.

THE PROCESS OF NATURAL LABOR.

The process of natural labor is at once so

simple and beautiful, that it cannot fail to excite the admiration of those who look beneath the surface of the operations of nature. Without repeating what has already been advanced, respecting the accompanying symptoms of delivery, I shall merely call to mind those statements as constituting a part of this process. The symptoms which announce the commencement of *natural labor*, having continued for an indefinite length of time, pains in the loins, darting through the pelvis, with the appearance of show, indicate the approach and are unequivocal evidences of this stage of parturition. From time to time these pains are of the dilating kind, and on an examination by the vagina, the thickness of the neck of the womb will be found to be diminishing, more than the opening of its mouth by these pains. When the thickness of the neck becomes about the same as the rest of the organ it begins to open, and the pains assume a more expulsive character; successive paroxysms of pain dilate the mouth of the womb more and more, whilst the protruded membranes, distended like a tense bladder, fill up the opening, and perform the office of an inimitable wedge, till the womb and the entrance to it, form one continuous passage.—Soon after this, the membranes burst during a strong pain, having previously contributed to the dilatation of the vagina, and with the

escape of the waters there is sometimes a partial cessation of the pains, and the head of the child falls into the upper aperture or brim of the pelvis, or descends into the cavity; but more frequently this advance is not made until several pains have followed this occurrence.

A little before this occurrence, the midwife should carefully put back the folds of the vagina with one or two fingers, passing them carefully around the part of the child that presents and keep the passage open for the expulsion of the foetus; and also ascertain whether it presents in a natural way, as the head presents a round hard appearance; but in putting back the folds of the vagina, the midwife should be careful not to do any thing only during the paroxysms of pain; and when the back part of the head of the child has passed under the arch of the pubis, and the foetus seems to present properly, if the waters should not break, the assistant may press it with the finger during a pain till it breaks and thereby moisten the parts so as to admit of the more ready descent of the child, and commonly a pain or two expells the head of the child, and sometimes the body is expelled by the same pain, but more frequently by the pain that immediately follows it; yet I have known cases where the waters broke hours before the delivery of the child, but this makes the labor much more severe than when the waters

break at delivery, or but a pain or two before it.

Sometimes the pain that expells the foetus (child,) expells also the placenta or afterbirth (commonly so called,) but more frequently the womb remains at rest a few minutes, during which time composition, hot drops, canker compound, nerve powder, &c., should be given freely, to keep up the strength of the patient and to cause the womb to resume its contractions to expell the placenta, while the assistant should gradually pull at the umbilical cord moderately, so as not to break it, as this is the only sure guide to the placenta; in ten or fifteen minutes, or sooner, it will generally give way and turn inside out and soon be detached, as the cord is fast to the upper inside of it.

No other interference in natural labor is *justifiable*, and too strong terms cannot be employed to reprobate the hastening of the birth of the child, and dragging it into the world by the head. It should be left to be expelled by the unaided contractions of the womb. One or two precautions, however, are necessary: when the head has come into the world, we should endeavor to bring the shoulders into the passage during the same pain, and frequently the whole birth may be accomplished at the same time and before the pain has gone off; but if the shoulders should

not be brought into the passage during the pain in which the head is delivered, the external orifice might contract around the neck of the child, and create difficulty. When the bulk of the child is passed, we should not suffer it to be thrown out suddenly, but slowly, in order that the **womb** may contract gradually.

As soon as the child is thus brought into the world and manifests signs of life, the naval string should be tied with a string or piece of tape, sufficiently tight so as to stop all circulation, about two inches from the belly, and another may be tied about two inches from that, and it should then be cut between these two ligatures with a pair of sharp scissors or shears; however, before it is tied, and as soon as the child is in the world, it is well to draw the thumb and fingers down on the cord so as to strip the blood into the child, as this has a great tendency to make the child strong and healthy, and frequently will restore suspended animation in the child; all this should be done in the most delicate manner, under the clothes, so as not to expose the mother or child.

The naval-string being thus secured, and the child separated from the mother, it is to be transferred to the nurse, while the assistant should wind the cord around one or more of his fingers, moderately drawing it till it

gives way as it will generally do in a few minutes, but be careful not to break it, while the fore-finger of the other hand should be passed up the cord to the place where it is inserted into the placenta, which, if you can feel, it is a pretty sure sign that it is detached from the sides of the womb; we should let it slip by this finger, in order to prevent the inverting of the womb. After the placenta is removed, we should gently with the hand press back the lower part of the abdomen, to assist the womb in contracting to its proper capacity, and as a guard against immoderate flowing, and also to ascertain if there is more births in the womb, which may be known by their presenting a hard appearance to the feel, and by their motion. A bandage should now be placed around the woman, after her wet clothes have been removed, and tightened, from time to time, to assist the womb and membranes to contract properly; a cloth should be wet with spirits or vinegar and applied warm to the external parts, and the woman got into bed in the easiest possible manner, and all this time she should take freely of composition, hot drops, nerve powder, cayenne, &c., a plaster of green wax or the black plaster, may now be put across the back and hips: some light food should be given her in small quantities, and then left to rest.

Difficult and tedious labors where the head

presents, may generally be removed by the use of composition, No. 6, nerve powder, canker compound, &c., or the mothers cordial will generally allay premature or spurious pains, and regulate those that are timely, as nature requires.

Note.—The unwarrantable and over officious disturbance of the natural progress of labors, and especially the premature rupture of the membranes, is the most general cause of difficulties in parturition.

Every means should be used in these labors before the use of instruments; but last of all, perhaps it may in some few cases be necessary to use them; but their use I think, is seldom needed, if proper management and medicines are had.

The intentions in the use of instruments, are—first; to preserve the lives of both mother and child—second; to preserve the life of the mother—third; to preserve the life of the child.

The instruments commonly used are the forceps, together with bandages.

There are three things to be considered with respect to the forceps and to the use of instruments in general, viz: to make an accurate distinction of those cases which require their use; of those cases which allow of their use; and of the manner in which they should be used. I shall in the first place speak of the application and use of the forceps.

*Directions and admonitions in the application
and use of the forceps.*

It has long been established as a general rule, that instruments are never to be used in the practice of midwifery; the cases in which they are required are therefore to be considered as merely exceptions to this general rule. Such cases seldom happen; and when they do, no instrument is to be used in a clandestine manner.

The first stages of labor must be completed, that is, the mouth of the womb must be dilated and the membranes broken, before we think of applying the forceps. The intention in the use of the forceps, is to preserve the lives of both mother and child, but the necessity for using them must be decided by the circumstances of the mother only. It is meant, in the use of this instrument, to supply with it the insufficiency or want of labor pains; but so long as the pains continue, we have reason to hope they will produce their effect, and shall be justified in waiting.

Nor does the cessation of pains always prove the necessity of using the forceps, as there may be a total or a temporary cessation of the pains. In the former, the pulse, the countenance, and the general appearance of the patient, indicate extreme debility and resemble those of a patient worn out with disease and fatigue; but in the latter, there are no alarm-

ing symptoms, and the patient often enjoys short intervals of refreshing sleep.

Every rule for the time of applying the forceps, or for preventing their rash and unnecessary use, must be subject to the judgment of the person who may have the management of an individual case. It may be well, however, generally to wait six hours after the cessation of pains, before we allow of their use. Yet care should be taken that we do not, through an aversion to the use of instruments, too long delay that assistance we have the power of affording with them.

The difficulty which attend the application and use of the forceps, are far less than those of deciding upon the proper time when, and cases in which, they ought to be applied.—The lower the head of the child has descended, and the longer the use of the forceps is deferred, the easier generally their application will be, the success of the operator more certain, and the hazard of doing mischief less.—The forceps should always be applied over the ears of the child; it is therefore improper to apply them when we cannot feel an ear; but when an ear can be felt, by a common examination, the case is always manageable with the forceps, if the circumstances of the mother require their use. The ear of the child, which can be felt, will be found towards the front bone; as the ears are not turned to the

sides of the pelvis, till part of the hind head has emerged under the arch of the front bone, when the use of the instruments can be very seldom required.

When you have determined on the use of the forceps, and explained the necessity of using them to the patient and her friends, she is to be placed in the usual position on her left side near the edge of the bed, and the instruments, warmed in water and smeared with some oily application, are to be laid conveniently by you.

The following rules are given on the presumption that the head of the child presents, with the face inclined, or verging towards the hollow of the sacred bone, and that the common short forceps are to be used; but if any other kind of forceps should be preferred, the rules must be adopted to the instrument:

APPLICATION. —First; carry the fore-finger of the right hand to the ear of the child.—Then take the blade of the forceps to be first introduced, by the handle in the left hand, and conduct it between the head of the child and the finger, thus introduced till the point reaches the ears. The farther introduction must be made with a motion resembling a slight degree of semi-rotation, and the point of the blade must be kept close to the head of the child, by gently raising the handle, as the instrument is advanced. The blade of the for-

ceps must be carried up till the lock reaches the external parts, near the lower edge of the pubis. If the introduction of either of the blades is hindered, we must withdraw them a little to discover the obstacle, and never strive to overcome it with violence.

When the first blade is introduced, it must be held steadily in this situation, as it will be a guide to the introduction of the second blade, which must be introduced in the same careful manner as the first, till the lock reaches the fork, or soft parts below. When the second blade is properly introduced, its situation will be opposite the first.

In order to lock the forceps, the handles of which are at a considerable distance from each other, the blade first introduced must be bro't down, and carried so far back that it will lock with the second blade, held in its first position; care being taken that nothing be entangled in the lock of the forceps, by carrying the fore finger round it. It is convenient to tie the handles together, when locked, with force sufficient to keep them from sliding or shifting their position.

Should the handles come close together, probably the bulk of the head is not included between them, and therefore, when we act with them, might slip; or if the handles when locked, are at a great distance from each other, they are not well applied, and may slip.—

But in these estimations, allowance must be made for the different sizes of the heads of children.

The forceps will never slip if judiciously applied, if the case be proper for their use, and we act circumspect with them. The difficulties in their application arise from attempting to apply them too soon; from passing them in a hurry, or in a wrong direction; or from entangling the soft parts of the mother between the instrument and the head of the child. Of course, we are always to be guarded against these circumstances.

USE.—There is no occasion, and it would be hurtful to attempt to change the position of the head, when the forceps are applied, before we begin to extract, for if the action be slow, the head of the child will turn in the same manner as in natural labor. Therefore the instrument must also change its position according to its descent, and the handles be gradually turned from the front and sacred bones, where they were first applied, to the sides of the pelvis; the handles will also be raised, as the child advances towards the front bone.

The first action with the forceps is to bring the handles, firm'y grasped in one or both hands, slowly towards the pubis, till they come to a full rest. After waiting till the pains return, or an imaginary interval if there

should be a total want of pain, the handles are to be carried back again to the perinaem, or fork, in the same cautious manner, using at the same time a certain degree of extracting force. The subsequent action must be from handle to handle, or occasionally by simple extraction; but that action of the blade which was towards the pubis, must be stronger and more extensive throughout the operation, than the action of the other blade, which has no fulcrum to support it.

By the repetition of these actions, always directed according to the position of the handles, with their force increased, diminished or continued, according to the exigence of the case, we shall in a short time, perceive the head of the child descending; when this is the case, the force of action with the forceps must be abated, and as that advances, the direction of the handles must change by degrees more and more to each side, and towards the pubis. The lower the head of the child descends, the more gentle we must proceed, in order to prevent any injury or laceration of the fork, or external parts, which must be supported as in cases of natural labor.

In some cases, the mere excitement occasioned by the application of the forceps, or the very expectation of their being applied, will bring a return or an increase of the pains sufficient to expel the child without their assis-

tance. In other cases we are obliged to exert considerable force, and to continue it for a long time; so that one operation may be safely and easily finished in twenty minutes, or even a less time, and another may require more than an hour for its completion, and the repeated exertion of very considerable force. In some cases it happens also, that the obstacles to the delivery exist at one particular part of the pelvis, and when that is surmounted, the remainder of the operation will be easy; but in other cases there is some difficulty through the whole course of the pelvis. Before the exertion of much force, we are always to be convinced that a moderate degree of force is not equal to our purpose. In every case in which the forceps have been applied, they are not to be removed before the head is extracted, even though we might have little or no use for them; but when the head of the child is born, they are to be removed, and the remaining circumstances managed as if the labor had been natural.

Note.—It would be very desirable that every student should have an opportunity of seeing the operation performed before he goes into practice; but that is not always possible. Yet if he has been properly instructed in the principles of the application and use of the forceps, reflects seriously before he determines on the operation, and proceeds slowly, but

not timidly, in it, he can hardly fail to succeed. Hurry in any operation, is a very common sign both of want of information, and of fear.

Many times when the pains have died away without expelling the child, and although the pelvis is sufficiently capacious for its passage, the powers of nature seems to be insufficient for the effort, by stopping the breath of the woman with the hand, or a gag, and produce a partial strangulation, will sometimes produce almost instant delivery; in fact, it seldom fails of producing the desired effect.—The struggle and commotion has great power in bringing forth the foetus. This will appear a harsh method, but in an extremity the means must be adequate to the end. The breathing, however, must not be stopped over a minute, lest it be beyond recovery; and as soon as the head appears it should be desisted from: taking care to use restoratives, as in fainting, to revive the woman.

OF PRETERNATURAL LABORS.

The presentation of children at the time of birth may be of three kinds, viz: First; with the head—second; with the breech, or any of the lower extremities—third; with the shoulders, or any of the upper extremities.

PRESENTATIONS of the first kind are called

natural; those of the second and third kind, preternatural.

The signs of preternatural presentations are very uncertain, and cannot be determined till we are able to feel the presenting part. We may then form our judgment by the following marks:

The head may be distinguished by its roundness, firmness and bulk; *the breech* may be known by the bulk, the cleft between the buttocks, and by the parts of generation; *the foot* by its length, by the heel, the shortness of the toes, and the want of a thumb; *and the hand* by its flatness, by the thumb, and the length of the fingers.

In the first order of preternatural presentations are included the breech, the hip, the knee or knees, and the foot or feet. Such labors are not to be changed, but allowed to proceed as if the presentations were natural, unless the necessity of giving assistance should arise from some circumstance independent of the presentation. By acting on this principle, when the breech of the child is expelled by the pains, the parts are sufficiently distended to allow the body and head to follow without any danger from delay; whereas, if the feet were brought down in the beginning of labor, the difficulty with which it would be expelled or could be extracted, increasing as it advanced, the child would gen-

erally die before the woman could be delivered, and she would be in danger of suffering mischief.

In first labors the child, unless it be small, will frequently be born dead, when the breech or lower extremities present; but in subsequent labors they will usually be born living, if no other untoward circumstances occur.—Injuries of the presenting part will sometimes occur, particularly of the penis and scrotum; but these, although alarming, will soon recover by a soothing treatment.

Should there be reason to think the child dead, or the powers of the mother insufficient to expel it, we must give such assistance as may be required. This may be given with the other hand, or with a blunt hook or crotchet, hitched in the groin of the child; or by passing a ligature round the bent part of the child at the groin, with which we can hardly fail to extract it. But every assistance of this kind must be given with discretion, and we must first be convinced of the necessity before we interfere. Should a child presenting the breech advance but slowly, it is better to be satisfied with this slow progress, than to use violent efforts with the child, or we might break or dislocate the thigh bone, or separate the bones of the pelvis of the child, which might occasion future lameness.

THE SECOND ORDER OF PRETERNATURAL PRESENTATIONS are, when the shoulders, the elbows, one or both hands present.

In all these presentations we shall be under the necessity of turning the child; but as they may be attended with circumstances widely different, it is necessary to make the following distinctions:

First; When the mouth of the womb is fully dilated, the membranes unbroken, or the water lately discharged, an upper extremity presents before the womb is contracted. In cases of this distinction, or whenever there is a necessity of turning the child, the patient is to be placed on her left side near the edge of the bed, or when we expect much difficulty, in a prone position, resting on her hands and knees. The position should be such as to allow us a free and dexterous use of our hands. The external orifice and vagina is to be dilated with the fingers reduced into a conical form, acting with a semi-rotary motion of the hand. This dilation must be made slowly, in imitation of NATURE. The external orifice should be amply distended before the hand is carried farther, or it may contract around the wrist, and impede further operations. The hand must be slowly conducted to the mouth of the womb, which being wholly or sufficiently dilated, the membranes must be broken, either with the fingers, or a

grasp of the hand. The hand must be passed along the sides, thighs and legs of the child, till we come to the feet. If both feet lie together, we must grasp them firmly in the hand; but if they are distant from each other, and we cannot lay hold of both feet, we may deliver by one foot.

Before we begin to extract we must be assured that we do not mistake a hand for a foot. The feet must be brought down with a slow wavering motion into the pelvis, when we are to rest and wait till the womb begins to contract, still retaining them in our hand. When the action of the womb comes on, the feet are to be brought lower at each return of pain, till they are extracted through the external orifice, and the labor may then be finished, partly by the efforts of the mother and partly by art.

The most favorable position of this presentation is, when the toes of the child are turned towards the sacred bone, which brings the back of the child towards the belly of the mother; and all other positions of the child must be turned gradually to this, as the body is extracting. This position will be found most advantageous in delivering the head.

When the feet of the child have passed the external orifice wrap them in a cloth, hold them firm, and wait till a pain comes on, during which gently draw down the feet. When

the pain ceases, rest, and proceed in this way through the delivery, assisting nature, but not to make the work entirely artificial.

When the breech reaches the external orifice, the child must be extracted slowly, and great caution observed lest the soft parts below be lacerated. When the naval cord appears, a small portion is to be drawn out, to slacken it, and thereby lessen the chance of compression, or prevent the separation of it from the child; after this the operation should be finished as soon as possible with safety, if the circulation be obstructed in the cord. If the child should stick at the shoulders, the arms must be successively brought down, by raising the body the opposite way, and successively bending them at the elbow very slowly, lest they should be broken, and the hand should be cleared towards the pubis.—When both the arms are brought down, the body of the child must be supported upon our left hand placed under the breast, the fingers on each side of the neck, and the body supported on our left arm; then placing the right hand over the shoulders, and pressing with our fingers the head towards the sacred bone, we must ease the head gradually along, turning the body of the child as it advances towards the abdomen of the mother. If the head should not come easily away, we must introduce the forefinger of the left hand into

the mouth of the child, by which the position of the head will be rendered more convenient. When the head begins to enter the external orifice, we must proceed slowly, and support the fork by spreading the fingers of the left hand over it.

In some cases there may be a necessity of extracting the child speedily in order to preserve its life; but we must also recollect, that the child is often lost by endeavoring to extract it too hastily. Throughout this operation we should act with deliberation, assisting Nature, when she moves, and we cannot go wrong.

SECOND. The second distinction is, when the membrnaes break in the beginning of labor, the mouth of the womb being a little dilated. In the management of this we are first to ascertain the presenting part; and if, together with the arm, the head is perceived by a common examination, there may be no occasion to turn the child, such case only constituting a variety of natural labors.

But if the case is such as to require the child to be turned, we should wait for the spontaneous dilatation of the mouth of the womb, unless urgent circumstances render assistance necessary, which should always be rendered in imitation of nature. The mouth of the womb is always to be considered as

completely dilated when we judge it will allow of an easy introduction of the hand.

When we have fixed upon the proper time to begin the operation, the external orifice must be dilated in the manner before advised. It is generally most convenient to pass the hand between the body of the child and the pubis, or front bone, the feet being most commonly found lying towards the belly of the mother.

In cases which come under this distinction the womb is seldom contracted very strongly upon the body of the child, but always in some degree. But the difficulties which may occur in the operation of turning the child, in these cases, will be fully explained under the following distinctions:

THIRD. The third distinction exists, when the mouth of the womb has been fully dilated, the membranes broken, and the water long discharged; the womb being, at the same time, strongly contracted, and the body of the child jammed at the upper aperture of the pelvis. The difficulty in the management of these cases depends upon the degree of contraction of the womb, and upon the distance and awkward position of the feet of the child, but chiefly upon the former circumstances.—The womb, in some cases, is contracted to a globular, and in others, to a longitudinal form; and it is always easier, with an equal degree of contraction, to turn the child when the womb is in a globular form.

When we are called to a case of this kind, we should not form opinions hastily, or proceed to deliver the woman immediately, until we understand the case by a thorough examination. We shall be able to judge in what part of the womb the feet of the child lie, if we consider whether it be the right or left hand that presents, which may be known by the direction of the thumb and palm of the hand. But the contraction of the womb is the principal difficulty to be surmounted, and the danger of turning the child, is in proportion to the difficulty. This danger consists in rupturing the womb. The contraction of the womb is of two kinds: First, the permanent contraction, in consequence of the water having been long drained off, which may occur when there has been little or no pain; and, Second, the extraordinary contraction arising from the action of the womb, returning at intervals, and always attended with pain. The hand must be introduced with a degree of force sufficient gradually to overcome the permanent contraction of the womb or the operation could never be performed:—but we ought not to proceed to turn the child while the labor is present, and the womb is acting with violence, as the hand would be cramped, or the womb ruptured.

The action of the womb is rendered more frequent and strong in this stage, by the ge-

nerally increased irritability of the patient.— Therefore, before we attempt to deliver, it will be prudent to lessen this irritability.— This may be done by giving Canker medicines, Composition, hot drops, &c.: or the mother's cordial and clisters. Sleep at this time is very favorable. We may now proceed to the delivery.

Without regarding the hand that presents, more than to put it out of the way; the assistant's hand must now be introduced in the manner before directed, and conducted slowly into the womb, if there be sufficient room. But if the child be jammed at the upper aperture of the pelvis, the hand cannot be introduced; we must fix our forefinger and thumb in the form of a grutch in the armpit of the child, and pushing the shoulders towards the head, and towards the body of the womb, we must raise the body by degrees, till there is room to introduce the hand. If, while we are introducing the hand, we perceive a pain coming on, we must not proceed till it has abated. The hand should also be laid flat, during the contraction, lest the womb be injured by the knuckles. In this manner we are to proceed, alternately resting and exerting ourselves, till we can lay hold of one or both feet. There is sometimes much difficulty in getting at the feet, and in extracting them, especially when the womb is contract-

ed in a longitudinal form. In such cases it is often convenient, when we can reach to the knees, to bend them cautiously, and bring down the legs and feet both together. Before we begin to extract, however, we must be well assured the parts we have hold of are the feet; and then we must extract them slowly and steadily, for if we hurry they may slip from us and return again. When the feet are brought down, if there be difficulty in extracting them, we must endeavor to slide a noose over our hand on to the feet of the child, fast formed upon our wrist, by which the hazard of their returning will be prevented and the rest of the operation much facilitated. When the noose is fixed over the ankles, we must pull by both ends of it with one hand, and grasp the feet with the other; but we must not attempt to proceed hastily. When there is afterwards much difficulty in extracting the child, it is probably owing to its body being jammed across the upper aperture of the pelvis. It will then be proper to pass the finger and thumb, as before directed, to raise the shoulders and body of the child towards the body of the womb, with one hand, and with the other, extract at the same time with the noose.

When the breech has entered the pelvis, we must proceed with deliberation; but there will be little farther difficulty, except from

the smallness of the pelvis, of which we shall speak next.

FOURTH. The fourth distinction is, when, together with any of the circumstances attending the foregoing distinctions, there is a great disproportion between the size of the head of the child and the dimensions of the cavity of the pelvis. The difficulty in these cases is greater or less according to the disproportion; but the difficulty of extracting any part of the body of the child is little, compared with the difficulty which attends the extracting of the head. We will, therefore, suppose the body of the child brought down, but the head cannot be extracted by any of the methods before recommended. The force with which we extract must then be increased, till it is sufficient to overcome the difficulty or resistance; beginning, however, with moderation, and gradually increasing our efforts, according to the exigency of the case. This force should be exerted by intervals in the manner of natural pains.

If the head should not descend with the force which we judge can be safely exerted, we must rest and give it time to collapse.— We may then renew our attempts, extracting from side to side, backwards or forwards, as may best conduce to ease the head through the distorted pelvis, alternately resting and renewing our exertions to extract. But if

the head should descend in ever so small a degree, the force is not to be increased with a view of finishing the delivery expeditiously, but we must be satisfied with our success and proceed circumspectly. When the head once begins to descend, there is seldom much subsequent difficulty in finishing the delivery, as the cause generally exists at one particular part of the pelvis. Should the head rest several hours in this situation, no inconvenience would thence arise to the mother, and the longer it rested the greater advantage we should possibly gain when we renewed our attempts to extract it.

It may be presumed when the head of the child has been wedged in for a long time in the position we are supposing, and great force has been used to extract it, that there is little reason to expect the child should be born alive; yet such instances sometimes occur. When we can hook a finger on the lower jaw of the child, the direction of the head may be changed to one more favorable; but we must not extract with so much force as to incur the hazard of breaking or tearing away the jaw. Pressing the head of the child from the pubis to the sacred bone, with the fingers and thumb carried up as high as we can reach, will often be of great use in these cases. If the difficulty of extracting the head arises from its enormous size, occasioned by

some disease, as dropsy in the head, &c.,—these methods, steadily pursued, will answer our intentions, as by a prudent use of the force in our power, the integuments will burst, or even the bones be broken. The necessity for the use of forceps very seldom occurs in these cases.

Under these circumstances, should it be absolutely necessary to lessen the head of the child, perforation may be made very conveniently behind the ears, or where we can most conveniently fix the point of the Perforator. A portion of the contents of the head will then be evacuated, when the skull may be compressed to the required size.

Should the body be separated from the head by the force we have used, there will be no occasion, for this reason alone, to act hastily or rashly, as the head may even then be expelled by the pains. But if this should be impossible, or if it should be absolutely necessary to extract the head speedily, on account of the situation of the mother, then the general rules for lessening the head must be applied to this case, and the head may be confined to a proper place by compressing the abdomen with a napkin passed across it, or by the hands of an assistant.

In all the foregoing labors where it becomes necessary to turn the child, it may frequently be done by passing two fingers into the pelvis, if

the child is low enough, and keeping the external orifice open with two more fingers of the other hand; pushing the parts right into the body of the womb, till the foot or feet may fall down so as to be accessible, without passing the whole hand into the womb, and thereby save much pain that must otherwise ensue.

FAMILIAR OBSERVATIONS. The physician should, by all means, ingratiate himself into the confidence of the woman, by kindness, indulgence, attention, even in trifling matters and by appearing interested in her welfare;—for, want of confidence frequently deranges every thing. Rough, bearish, and overbearing conduct is certain to disgust the woman and frustrate all her efforts. The physician should recollect that this operation is peculiarly the business of nature, and his province is only that of her handmaid, when she is not equal to the performance; aid, but never direct her.

The woman, if she have regard to cleanliness, should prepare herself for the occasion, by putting on clean linen, and fastening it about her waist, while a sheet or other cloth should be fastened around her, reaching down far enough to protect the bedclothes from being soiled. After delivery this is to be removed, and the clean linen suffered to drop down, which leaves her already prepared for

rest. Another thing should generally be attended to, which may prevent disagreeable consequences, that is, to empty the rectum and bladder of their contents when labor is expected; otherwise the pressure of the foetus upon them might cause their evacuation during that period.

The woman should be allowed to choose her own position to be delivered in, whether it be while lying on her back or side: sitting on the edge of the bed, or in a chair; in a standing posture, or on her knees. It will greatly assist the pains of the woman, having her feet braced, to have some convenience fixed to lay hold of with her hands, and pull towards her breast, with a cloth under her back, with an attendant on each side to hold each knee and pull gently on each end of the cloth across the back during each paroxysm of pain, which will help to compress the abdomen and forward the expulsion. Holding the breath during each pain is also of service.

THE NAVAL CORD should not be cut, or its circulation obstructed, till signs of life appear in the child, or till it breathes. If this does not take place soon, we should attempt to bring it to life, by drawing the blood with the thumb and finger from the cord into the child; by rubbing the hand lightly down over the face; by breathing, or rather by moderately blowing into the mouth; by spiriting liquor

on its breast, and at the same time compressing and dilating the chest as in breathing. — If the after birth has become disengaged from the mother, lay it on hot embers, and as it warms, strip the warmth towards the child with the thumb and fingers: Some of these methods can hardly fail of restoring suspended animation. When the child is freed from the mother, the attendant should wash it clean in warm water, particularly under the arms, about the neck, &c., and if it is faint and feeble, it may be slightly bathed with spirits; it should then be made dry and dressed.

During the whole progress of the operation the accoucher should conduct himself in a calm and collected manner; for the eye of the woman is upon him, watching every change of the countenance, and auguring favorably or unfavorably of the termination, according as he appears confident or frustrated.

CONCLUSION. I have taken a deeper interest in the subject of Midwifery than any other subject of the medical practice; and devoted more particular attention to it, because, as I believe, no branch of the healing art has been, and is now, so little understood and so generally abused in practice, as this; and in no branch are the effects of malpractice so severely felt. Thousands of women are literally torn to pieces in delivery, and made

miserable and decrepid ever afterwards, by the rash, unnatural, and brutal management of practitioners, some of whom, on such occasions, fall at the unfortunate sufferer like famished wolves, and seem to think it their duty to drag the child into the world by main strength, in almost all cases. Such conduct is outrageous, and cannot be too strongly condemned. Science, however useful in its proper place, can never supplant the Powers of Nature, in bringing the child into the world, and whenever it is attempted, it is certain to frustrate and derange the process, endangering the lives of both mother and child; therefore never meddle, for it cannot be done with impunity.

COMMON NOTES ON LABOR.

Much may be done preparatory for this event, to mitigate its severity, and remove all occasion for those dreadful apprehensions which a state of pregnancy excites in most females, and which are frequently too well founded. I cannot bring myself to believe, that the sufferings, the injuries, and death, which so many females undergo, are necessary consequences of the reproduction of our species. Experience has proved to me the contrary. The Almighty never enjoined upon woman to be fruitful, and yet accompanied it with such an imminent risk of life, No; it

is art, officious, intermeddling art, too proud to follow even where Deity leads, that has inflicted this curse upon woman. Look at the native tribes; among them the females, after making suitable preparations, deliver themselves alone, usually without any assistance, and immediately get up and go about their business. With them, injury or death is never known. Among no uncivilized people is the birth of a child considered an event to be dreaded, or anywise dangerous or doubtful; it is only those females, who are so unfortunate as to be cast within the pale of civilization, who are surrounded by the benefits of the science and skill of this enlightened age, who are doomed to suffer by the scientific knowledge, or learned quackery.

Pregnant women in this country, and particularly those whose delivery, or nervous irritability, subjects them to many of the trifling ailments consequent upon this state, are generally managed in the following manner: If any unusual feeling is perceived, although it is a perfectly natural consequence, medical advice must be had, and pills, potions, or bleeding follow. These agitate the system, increase the irritability, and render a recurrence of those complaints more certain.—Bleeding now becomes absolutely necessary to quiet them, and this must be repeated frequently throughout the term. This, with

the drugs and low diet, enfeebles the mother, robs the child, and paves the way, either for abortion, or premature spurious pains, which no sooner take place than the practitioner, (or more properly, the learned quack,) commences pouring in forcing medicines, at the same time using as much of his bodily strength as may become necessary to drag the child into the world.

If the woman survives this abominable treatment, and gets over it in months, she does well. If the child lives, after being thus driven into the world before it is matured, it requires the greatest care to enable it to drag along its puny existence; and from this beginning, followed up as is usually the case by continually stuffing it with drugs, this heir of trouble is ensured an after life of debility, imbecility, disease and a miserable death. I might mention almost numerous cases of this kind, as the picture is not exaggerated. One only, I will mention among the many. A lady called on Dr. Tabor of Clarkson, Monroe Co., N. Y., who was quite a popular physician; he came, forced the child into the world, and the after birth, this however, was so small, that the Doctor declared it was yet back, against the opinions of all the women present, and proceeded to take it away by force; he got hold of the womb and dragged it into the world amidst the remonstrance of

all present and the cries and entreaties of the patient herself; and could not be restrained until they sent one mile, to Brockport, for a Dr. Carpenter; he soon convinced him, by putting the afterbirth over his hand; the Doctor was thunder stricken, as it were, and begged for it to be kept a secret. They put back the part of the womb he had drawn out, but the woman died a few hours after. This is not an only case; hundreds and thousands, have perished in this most brutal manner, by the influence of learned quackery. But I am thankful to an over-ruling Providence, that this learned ignorance is fast retiring to the shades, and soon, I trust, we shall hear its death knell rung.

It is a consolation to know, that this humiliating scene of distress, is not a legitimate or inevitable attendant upon child-bearing.—It is mostly *manufactured*—nursed along by a continual course of mistaken and unnatural treatment. This I know to be the fact from my own experience. During the whole course of my practice in midwifery (which has been very extensive,) I have not found a solitary case of difficult labor, unless caused by some chronic disease about the system, and but few even then, and *never a case of difficult delivery*. The ease with which they are delivered, as well as the shortness of the time they are sick, especially those who have been treated in

a scientific manner, often astonishes, as well as most agreeably to disappoint the anxious mother. But I claim no extraordinary credit, or skill in producing this result; but it is by using those medicines, as well as such assistance as nature requires, and no more. Delivery is thus accomplished in that most beautiful and desirable manner in which nature always accomplishes it, when properly assisted or at least undisturbed.

TREATMENT AFTER DELIVERY.

After delivery the woman should be kept as quiet and easy as possible. Her food should generally be light and nourishing; all indigestible food should be avoided; new bread or cake ought not to be eaten for several days; I have known some few women, however, whose spirits could not be supported without solid food in child bed. If an excessive flooding comes on after delivery, use the canker compound, composition, hot drops, cayenne, &c. They will generally, almost any of them, give relief and regulate as nature requires, before and after delivery.

In some instances, a STRANGUARY takes place, obstructing the urine in part or all: the Harlem oil will generally give relief, from 10 to 30 drops two or three times a day, dropped on new milk; or diuretics, such as indian hemp

roots, ox balm roots, black currant leaves, clivers, sulendine, &c.

IF THERE BE AFTER PAINS, give the same medicine as in flowing, till it gives relief; or the mothers cordial will prove a remedy.

COSTIVENESS is common after delivery; for this give some of the family billious pills, castor oil, rhubarb, &c., from one to three days after delivery, according as there is symptoms of fever, or not; if from any cause, a fever sets in, treat it as you would under other circumstances, cleanse the stomach thoroughly, using restoratives, such as stimulants, sudorifics, tonics, &c., till well; give emetics or cathartics till the coat comes off the tongue.

If the nipples become sore or chaped, wash them before, and after nursing, with the canker compound in tea, apply the cabbage or the nerve ointment, and wear thin pieces of lead over them.

If the breasts get caked or ague in them, apply to them a plaster of green wax or the rheumatic plaster, on cloth or leather, with a hole through the centre for to nurse through.

INFLAMATIONS OR FEVERS at this time should be treated thoroughly with emetics or cathartics, or both, and the general treatment for restoring health; but if they are caused by cold, third preparation and other hot medicines are the principal dependence; use them thor-

ough. The breasts ought to be frequently drawn to prevent milk fever or inflammation of the breasts.

We shall conclude our observations on child bed women, by recommending to them, above all things, to beware of cold. Poor women, whose circumstances oblige them to quit their bed soon, should be very careful for a time. — The better sort of women, however, run the greatest risk from over-nursing, they are kept close for 8 or 10 days and then dressed to see company. The danger from this conduct must be obvious to every one. They should exercise gradually and expose themselves to the air in the same manner. Public places, and churches should not be places of sudden resort, after confinement.

DISEASES OF INFANTS AND CHILDREN.

Miserable indeed is the lot of man in a state of infancy! He comes into the world more helpless than any other being, and stands much longer in need of the protection and care of his parents: but alas! this care is not always bestowed on them, and when it is, they often suffer as much from improper management, as they would have done from neglect. Hence, the officious care of parents, nurses and midwives, become one of the most fruitful sources of the diseases of infants. It must be obvious to every attentive person, that the

first diseases of infants, arise chiefly from their bowels. Nor is this in the least to be wondered at, as they are poisoned in a manner with indigestible food, drugs, and improper diet, as soon as they come into the world.—Everything that the stomach cannot digest may be considered as a poison; and unless it can be thrown up, or voided by stool, it must occasion sickness, gripes, spasmodic affections of the bowels, or what the good women call inward fits, and at last, convulsions and death.

As these symptoms evidently arise from somewhat that irritates the stomach and intestines, the proper remedy is to free the stomach as soon as possible. The most safe and efficacious way to effect this is to use vomits, the tincture of lobelia in doses of from half to a tea-spoonful, every twenty or thirty minutes, till it operates sufficiently to throw off the symptoms of disease; this may be given in sage, catnip, or other stimulating teas, sweetened; the same tincture may be used the same as laudanum or paregoric, in small doses, from one to five drops; repeat if necessary, to ease pains in the stomach and bowels, and make them rest, which is better than any preparation of opium, and does not injure the constitution. If the child should be costive, give oil, rhubarb, peach tree leaf tea, and such like, to open the bowels.

Worms, are common among children; for this difficulty, take pewter filings, about an even tea-spoonful, divide it into four parts, give one part every half hour till it is all given, then give a dose of any of the above cathartics; peach tree leaf teas is the best, or give in tea, worm seed, Indian hemp-roots, followed by cathartics; any of these will generally answer the purpose. To turn worms when they choke the child, give sweet milk sweetened, put spirits of turpentine on the throat, &c. For all kinds of fits in children, give lobelia tincture, a sure cure; and for fits in grown persons, the third preparation, if persevered in, is a sovereign remedy.

OF THE MECONIUM.

The stomach and bowels of a new born infant are filled with a blackish colored matter of the consistence of syrup, commonly called *meconium*. This is generally passed soon after birth by the mere effort of nature; if this is not the case, some of the foregoing physic may be given. But if you give it all the canker tea it will take, with an equal quantity of milk sweetened, and a little lobelia tincture occasionally, what the stomach will bear without sickening much; you need not fear as a general thing, the good health of your children. The canker tea will generally prevent the thrush in infants, canker in the mouth

and bowel complaints, together with the red-gloom if the use of it is persevered in.

HICCUPS in children, generally proceed from an acid state of the stomach, and may generally be cured by giving alkalies, such as magnesia, sut tea, salærated water, white lye, &c., and frequently by giving a little cold water will stop them.

CHAFING is common with children; this should be prevented and cured by keeping them dry, especially where the folds of the skin lie over each other; if they get chafed, wash with canker tea, after wiping dry, and anoint with the cabbage ointment or any other healing ointment.

STOPPAGE OF THE NOSE may generally be cured by rubbing the top of it with fresh butter, or any other soft grease or oil, or excite them to sneeze.

VOMITING may generally be stopped by giving a sufficient amount of lobelia tincture to make them vomit two or three times, then the stomach will commonly settle; but where this fails, give a strong tea of ripe pigweed seed, with some mild laxative, will soon quiet the irritation, if enough is given: and this is perfectly safe to give, much or little.

LOOSENESS OF THE BOWELS may be cured by cleansing the stomach with the tincture, and give freely a strong tea of the canker compound sweetened.

CUTANEOUS ERUPTIONS.

These are both common and various among children, and proceed from various causes, such as improper food, exposures to heat or cold, uncleanness, &c.

THE ITCH is common among children; this may be cured by the common itch ointment found among the recipes.

Any other eruption than this should not be healed too soon, but cleanse the stomach and bowels with the liver powders, then use the blood powders, and a tea of sassafras and bitter sweet, the bark of the root, anoint with the cabbage ointment; and for salt rheum and scald head you may wash with lime water and drink some of the same, also make an ointment of laid and white ashes burned from white ash bark; or use the salt rheum ointment. A thorough treatment with the above will seldom fail to cure. Sometimes the tar syrup and sulphur and white ash bitters may be used to advantage.

CHILBLAINS may be cured with the green wax, as also most other sores, when the system is properly cleansed.

CROUP OR RATTLES.—These are generally violent, and of quick termination, unless speedy relief is obtained. In the first stage, a greased rag spread over with scotch snuff will frequently give immediate relief; but it this

fails, give the liver drops, sufficient to vomit as often as they choke, or have difficulty in breathing: give the go quick or liver powders* together or separate for physic. give the hemlock oil and liver drops, what the stomach will bear without vomiting; this course persevered in, if taken in season, will not fail of curing croup, or

INFLAMMATION OF THE LUNGS.

TEETHING.

When this is taking place, attend to the general health according to the foregoing rules as laid down in this book, and when the tooth shows itself sufficiently, if it comes through slow, take a sharp knife and cut across the top of the tooth, this will save the child much pain, and is perfectly safe, and may be done by any one that is careful.

THE RICKETS.

This disease generally attacks children between the age of nine months and two years. It affects the bones. The head is sometimes enlarged to an enormous size; the wrists seem protuberant, and as the bones increase in size, the child grows weaker.

One cause of the rickets is diseased parents. Mothers of a weak, relaxed habit, who neglect exercise, and live upon watery diet, can nei-

*This will be found among the recipes.

ther be expected to bring forth strong healthy children, or be able to nurse them when they are brought forth. Accordingly, we find that the children of such women generally die of the rickets, scrofula, hip gout, or such like diseases. Children begotten by men in the decline of life, who are subject to the gout, gravel, or other chronic diseases in their youth, are likewise liable to the rickets. This disease, however, is chiefly owing to the sloth or negligence of nurses. Allowing an infant to lie or sit too much, or not keeping it thoroughly clean in its clothes, has the most pernicious effects. Those children who are much dandled and dandied, kept clean, and frequently in motion, carried sometimes on one and sometimes on the other arm, will be forever strangers to this disorder. A healthy child should always be kept in motion, unless when asleep.

At the beginning of this disease, the child's flesh grows soft and flabby; its strength is diminished; it loses its wonted cheerfulness, looks more grave and composed than is natural for its age, and does not choose to be moved. The head and belly become too large in proportion to the other parts; the face appears full, and the complexion florid. Afterwards the bones begin to be affected, especially in the more spongy parts. Hence the wrists and ancles become thicker than usual;

the spine or back bone puts on an unnatural shape; the breast is likewise deformed, and the bones of the arms and legs grow crooked. All these symptoms vary according to the violence of the disease. The pulse is generally quick, the appetite for the most part is bad; the teeth come slowly, and with difficulty, and they often rot and fall out afterwards.—Ricketty children generally have great acuteness of mind, and an understanding above their years.

FOR THE CURE, attend to the general health by cleansing the stomach and bowels thoroughly, then give tonics and stimulants, with a plenty of exercise: the child may be plunged into cold water every morning once, but never twice. The whole object should be to strengthen, brace, and invigorate the child with its food, medicine, and exercise. Oil of hemlock, canker compound, columbo, peach meats, lobelia tincture, high cranberry bark, are proper in this disease.

A singular circumstance attending many infants for sometime after birth, is a constant hankering for something, sucking its fists, or any thing it gets hold of, attended with continual uneasiness, crying, wasting of flesh, and other bad symptoms. None of the common remedies will give relief in these cases. When I find a child in this condition, says Mr. Smith, I conclude it wants or longs for

something, and that this longing is caused by the longing of the mother previous to birth, which was unsatisfied. I therefore request the mother to recollect what it was she particularly craved, which she could not get during pregnancy—and she can generally bring it to mind—if so, I give it to the child till it is satisfied, and this removes all those appearances that were unfavorable to the child before.

COMMON NOTE.

To look over the long catalogue of infantile diseases in some medical books, one would be inclined to think that the real design of the authors, though concealed under the show of precision, was to spread alarm through every family. I have had a very different object in view, viz: to quiet the fears of parents.

FAMILIAR OBSERVATIONS ON THE MORAL AND PHYSICAL MANAGEMENT OF CHILDREN.

It is during infancy that the foundation of a good or bad constitution is generally laid. It appears from the registers of the dead of the principal cities of the United States, that more than half the children born in these cities, die under twelve years. To many this may appear a natural evil; but on strict examination it will be found to be one of our own creating. Were the death of infants a

natural evil, other animals would be as liable to die young as man; but we find this is not the case. It may appear strange that man, with his superior reason, should fall so far short of the brute creation in the management of his young. Our surprise will cease, if we consider the brutes, guided by instinct, never err in this respect; while man trusting solely to art, is seldom right. Were a catalogue of those infants who die annually by art alone, exhibited to public view, it would astonish people—as we should find almost all infants that die, dying by the hand of art, or more properly, murdered.

Did mothers reflect on their own importance, and lay it to heart, they would embrace every opportunity of informing themselves of the duties they owe to their infant offspring. It is their province, not only to form the body, but also to give the mind its most early bias. They have it very much in their power to make men healthy or valetudinary—useful in life or the pests of society. It is indeed to be regretted that more care is not bestowed in teaching the proper management of children to those whom nature has designed as mothers. This, instead of being made the principal, is seldom considered as any part of female education. Is it any wonder, when females so educated come to be mothers, that they should be quite ignorant of the duties be-

longing to that character? However strange it may appear, it is certainly true, that many mothers are as ignorant when they have bro't a child into the world, what is to be done for it, as the infant itself. But while the education of females implies little more than what relates to dress and public show, we have nothing to expect from them but ignorance, even in the most important concerns.

AN ALPHABETICAL DISPENSATORY

Of Medicines, Recipes, &c., recommended in this Book.

A

ALUM.

ALUM, from its astringent power, is employed to check hemorrhages, and serous evacuations. It has been used, though less frequently, in intermittent fever, malignant small pox and painter's cholic. Its dose is from 5 to 15 grains. The addition of an aromatic is generally necessary, however, to prevent nausea, when it is given in a solid form. The best form of administering it, is that of *alum whey*, prepared by adding two drachms of the powdered alum to a pint of hot milk. The dose of this is 3 or 4 ounces. In uterine hemorrhage and diabetes, this whey, taking 3 or 4 ounces, 3 times a day, has produced very favorable effects. It is the principal ingredient of the check to conception, most to be relied on.

It is also used externally in astringent and repellant lotions and eye-waters. Burnt alum, taken internally, has been highly extolled in cases of cholic: it has also been given in Bronketis, burnt, and let to dissolve on the glands of the throat, with good success, and by some is considered an infallible remedy in this disease. When taken to the extent of a scruple at a dose, it is said gently to move the bowels, and give very great relief from the severe pain. Burnt alum is applied as an escharotic to fungus flesh.

ANTI-MERCURIAL BITTERS.

Take 3 ounces sulphur, put it in one pint of whiskey, let it stand 24 hours, then add 1 pint of strong decoction from the green bark of the common white ash-tree: Common dose, about one table-spoonful 4 times a day for adults; take more or less, as it proves laxative, or not, and in proportion for children; this is a general restorative: it is detergent, expectorant, tonic, and anti-calomel. It may be used to advantage in all eruptive diseases, and especially to cleanse calomel out of the system.

ANTI-DYSPEPTIC POWDERS.

These, and equal parts of Kerkuma, (golden seal,) and Cayenne, (capsicum,); dose for adults, half tea-spoonful, to be taken after

eating. This preparation is one of the best tonics and stimulants, for many cases, I have ever used. It may be used in all stages of dyspepsia, jaundice, a weakened or deranged state of the digestive organs, to prevent food from distressing the stomach and to assist in the process of digestion; it is an excellent remedy for canker; it is good in a costive state of the bowels, and will generally prevent that sickness at the stomach, which is so peculiar to *pregnant women*. It is an excellent fever powder, given in any case of fever every hour or two. The bark from the foetid ash pulverized, may be added in equal proportion with the Cayenne and Kerkuma, in any case, to good advantage. The Columbo may be added in female weakness, where these powders should generally be given; especially, if there is a costive state of the bowels. For *foetid ash*, see recipes under Y, and for *white ash*, see recipes under W.

ASSAFOETIDA.

The plant which furnishes this gum is a native of Persia. The gum is procured from the roots; it is composed of little shining lumps or grains, which are partly of a whiteish color, and partly reddish and violet. Those masses are considered best, which are clear, of a pale reddish color, and variegated with a great number of elegant white tears. It has

a strong foetid smell, somewhat like garlic; and a little acrid, biting taste. It is the most powerful of all the foetid gums, and is an excellent medicine. It acts as a stimulant, anti-spasmodic, expectorant, emenagogue and vermifuge. Its action is quick and penetrating, and it affords great relief in spasmodic, flatulent, hysteric or hypocondriacal complaints. Dose from 5 to 20 grains, alone, or combined with bitter purgatives or extracts; it may be given in tincture, or dissolved in water, or in the form of pills combined with other medicines. It is one of the principal ingredients of the hysterical pills. In the form of a clyster, two or three drachms may be given.

B.

BLACK CURRANT. This is the common wild currant that grows on low land, and by water courses. The leaves in tea is what I have generally used; they act as a quick diuretic, removing stranguary or suppressed urine. The tea should be made strong and drank freely.

BAYBERRY, MYRTLE, CANDLEBERRY.

Myrica Cerifera. This is a species of the myrtle from which wax is obtained from the berries, and grows common in many of the U. States. It is a shrub, growing from two

to four feet high, and is easily known by the berries which it produces annually, containing wax in abundance; these grow close to the branches, similar to the juniper; the leaves are of a deep green. The bark of the roots is what is used for medicine, and should be collected in the spring before it puts forth its leaves, or in the fall after it is done growing; then the sap is in the roots. This should be attended to in gathering all kinds of medicinal roots: but those things that the tops are used, should be collected in the summer when full grown: then the sap is in the top. The roots should be dug and cleaned from the dirt, and pounded with a mallet or club, when the bark is easily separated from the wood, and may be obtained with little trouble. It should be dried in a chamber or loft, where it is not exposed to the weather; and, when perfectly dry, should be ground or pounded to a fine powder. It is an excellent medicine, either taken by itself, or compounded with other articles; and is among the best articles for canker I have found. It is highly stimulating, and very pungent, prickling the glands, causing the saliva and other juices to flow freely, It is good for a tooth-powder, cleanses the teeth and gums, and removes the scurvy; taken as snuff, it clears the head and relieves the headache. It may be given to advantage in a relax, and all disorders of the bowels.—

When the stomach is very foul, it will frequently operate as an emetic. For a dose, take a teaspoonful, in hot water, sweetened.

**BURDOCK—*Arctum Lappa*—THE ROOTS,
SEEDS AND LEAVES.**

This is a well known plant and needs no description. It promotes the sweat and urine, and is very cleansing to the blood. It is superior to sarsaparilla in all diseases proceeding from bad blood. It is a very good *deobstruent* and *sudorific*. The seed, in form of powder, in doses not more than one drachm is said to be a powerful emetic. The root in decoction is good in rheumatic, venereal and other diseases; but is not sufficiently powerful of itself, and should therefore be combined with other alteratives, in bitters or syrup. It is one of the ingredients of the rheumatic or strengthening plaster. The leaves are applied externally to bruises, swellings, sores, and as drafts, are very good.

BLACK BIRCH—*The Bark*.

A tea of it, drank with milk, for a daily drink, is very useful to bring milk into the breasts of women, and to render them fruitful. The sap drank freely is good in gravel, and is an anti-scorbutic. The bark in tea is good in bowel complaints, and to remove obstructions in females. This with peach or

cherry meats in syrup, is a good restorative after a person has been reduced by dysentery, in order to restore the digestive organs. It is good in all cases of canker, and may be used as one of the articles in the *canker compound*.

BITTERS—No. 1. *Bitters.*

Take three or four of any of the following articles, and a little more than cover them with spirits; a dose of these is a table-spoonful 4 or 5 times a day, to restore the digestive organs and strengthen the system, good for Jaundice: Bitter herb or balmoney, poplar bark, barberry, the bark, bitter root, or wandering milkweed, golden seal, or Ohio Kercuma, the root, Columbo, the root, box-wood bark, vine maple, gentien, No. 2, bitters. Comfrey roots, 2 parts, elecampane, 1 part—Take 8 ozs. of the above Preparation, or as many of them as you can get, steep them close covered, slow, from 3 quarts to 3 pints, then add one pound loaf sugar, and one pint brandy: Dose, a table spoonful 4 or 5 times a day. Good in female weaknesses, bearing down pains, flower albus, debility and relaxation of the genital organs, barrenness, &c.

No. 3 BITTERS. Squaw root or Black Cohush, white cohush, tanzy, summer savory, savin, southern wood, pennyroyal, coltsfoot, &c. These may be used in bitters or tea,

together, or separate; they promote the menses, remove obstructions, and strengthen the system; if the stomach is properly cleansed; and by soaking the feet, and giving hot tea, as is common in such cases, it generally helps.

No. 4 BITTERS. Take equal parts of columbo, the root; unicorn, the root; balm, the blows: umbil, the root; bittersweet, the bark of the root; sassafrass, the bark of the root; cayenne pepper, white pond lilly, the root, pinnkum or warweed, red archangel, and squaw vine or winter clover, called also partridgeberry: take as many of the above articles as you can get, put them into a bottle, well jammed up, fill the bottle half full of them. then fill the bottle with brandy: Dose. a tablespoonful 3 or 4 times a day, for female weakness of all kinds. fluor albus, &c.

No. 5 BITTERS. Take half a pound of logwood, and one fourth pound of squaw root, put a little more spirits on them than will cover them; they must be cut or jammed up: Dose, a teaspoonful 3 or 4 times a day; by attending to the general health, giving herbtea, soaking the feet at bed time, with the above bitters, is a sovereign remedy in suppressed menstruation. I had once a case of suppression of 17 months standing; after I had got her general health good, which took about three months, I brought on her turns in less than one week after I began to give the bit-

ters. I had one case in which the No. 5 bit-
ters failed. I made an examination, and I
found the neck of the womb in a kind of cal-
cified state. I directed her to take a goos-
quill, first pass the finger up into the vagina,
till she felt the neck of the womb, then with
the other hand, pass the end of the quill be-
fore prepared, on the finger, in the vagina, till
the end comes in contact with the lower end
of the neck of the womb; pass it carefully
through the neck into the body of the womb;
let it lie there two or three hours; this will
never fail of bringing on the turns; and gene-
rally they can be brought on by other means
after the first time; as was the case with the
patient before mentioned; she had been giv-
en up by several physicians before she came
to me, but I succeeded in curing her in a few
months, although a certain *poison doctor* said
she was in the third stage of consumption,
and *incurable*.

BETHROOT—*Trillium Altopunpocrane*.

This plant is so well known it needs no de-
scription. It is a powerful astringent and
tonic, and is also considerable carminative.—
It is an excellent medicine in all female
weaknesses and debility, particularly the
whites and bearing down of the womb. It is
very bracing, strengthening, and stimulating;

in floodings, bloody urine, and other hemorrhages, it is very effectual; the dose may be a teaspoonful of the pulverized root, three or four times a day, in yarrow tea, or something similar. Both root and blood root, equal parts, mixed with honey, are excellent to arrest gangrene, or destroy a carbuncle: the bethroot may also be used as one of the ingredients of the Canker Compound.

Boxwood—*The bark or flowers.*

This is a small tree, well known where it grows. It possesses nearly the same nature as the Peruvian bark, and is a good tonic and astringent, and mildly stimulating. It is good with other tonics in bitters, for agues, fevers, jaundice, bowel complaints, fluxes, and general debility.

BITTER ROOT—*or wandering milk-weed.*
Apocynum Androsæmifolium.

The appearance of this plant, is somewhat like buckwheat, the blossoms are similar; when broken it discharges a milk, like other milk-weeds; it has two small pods coming out from each blow a little larger than a cabbage pod; they have silk in them, like other milk-weed pods. This herb is wandering, that is, the roots run about under ground producing many stalks which grow about two feet high. This kind grows only on upland.

The low ground wandering milk-weed, usually known by the name of ipecacuanha, grows on low ground and bottom land. This differs some from the other in appearance;—the roots run deeper, and the whole plant is larger; they are both good for medicine; they are intensely bitter; outside they are black, inside they are light brown; they should be pounded in a mortar when dry, and the bark separated from the wood, as the bark is all we use as medicine. It may be used in powders, tea, or bitters, with other tonics. I often put from one to two grains with my fever powders; it is good to remove costiveness, is a great corrector of the bile, and in large doses of 2 or 3 teaspoonsful, will frequently operate as an emetic and cathartic, and will generally throw off a fever in first attack if used thoroughly. It is an excellent article in the female bitters, and should be added to the catarrh snuff for head ache.

BALMONY OR BITTER HERB—*called also,*
snake head, bloom shell flower, &c.
Chelone Glabry.

This weed grows in wet land and by the side of brooks, from two to four feet high; the stalk is four square, the leaves are some larger than mint leaves, and of a deep green color, set opposite each other and spear shape; it is of a pleasant sweetish bitter taste. It

bears a white blossom, resembling a snake head with the mouth open; it blossoms late in the fall. This is an excellent article to correct the bile, and may be used in all billious diseases, agues, fevers, &c., after the stomach is cleansed. It may be used in tea tincture or extract, alone or with other articles.— I have known agues cured with it in tea, by drinking it strong, 2 or 3 quarts, in one or two hours. In extract or pills, 4 or 5 common sized pills given at bed time and once or twice during the day, I have seen act as a diuretic, carrying off large quantities of water in a few hours. I put it with my female bitters.

BARBERRY.—*Berberis Vulgaris.*

This is a well known shrub, and grows spontaneous in some parts of the United States, and is frequently cultivated in gardens; it is covered with prickles like the rose bush—it bears red berries of a pleasant sour taste, which are used as a pickle and are also preserved with sugar or molasses. The bark is a good bitter, and useful to correct the bile and assist digestion. It may be put with other articles for bitters, to assist digestion, and strengthen the system. It may be freely used in bitters or tea, alone or combined, with other tonics.

BEE BALM—*Majorum.*

The stem grows about two feet high, leaves

egg shaped and pointed at the end, it branches into several parts towards the top, and on the end of each branch is a round bud about the size of a common coat button, on each of these buds are many small pale purple blows similar to the lobelia blow but a little larger; the end of the bud on which the blows set, is filled with small cells like honey comb, but much smaller; it grows about fences and uncultivated fields, and a dry sandy soil; it has a pleasant smell and aromatic taste. It has been found beneficial for a common drink in inflammatory fevers, pleurisies, &c. It is a regulating medicine in female obstructions used in tea; and the blows or buds in bitters, strengthen the uterine system, and stimulates the genital organs, and is an excellent remedy prepared with other articles against sterility or barrenness. The root is an excellent diuretic.

BITTERSWEET.—*Solanum Dulcamara.*

This is a well known wood vine, and needs no description. It increases all secretions and excretions—particularly sweat, urine and stool, and excites the heart and arteries. It is an excellent discutient, detergent and resolvent medicine, and is applicable internal and external. It is peculiarly beneficial in liver complaints, in all cutaneous affections; also in rheumatism, scirrhus swellings, ill-

conditioned ulcers, scrofula, whites, jaundice and obstructed menses. Cancers of the breast have been cured by the application of the juice over the cancer and the green leaves applied over the breast. The bark from the root dried and pulverized and used in equal parts with the umbil makes an excellent nerve powder. Dose—3 grains or one-sixth of a tea-spoonful as often as is necessary to still the nerves. The bark in tea with sassafras bark, drank freely, is one of the best detergents I know of: it forms one of the ingredients of the nerve ointment. This is among the best blood medicines.

BLOOD POWDERS.

Take 4 parts squaw root, called also black cohush, and one part lobelia seeds, both pulverized. Dose—one grain from 3 to 5 times a day, increase or lessen as it sickens, or produces dizziness at the head: it is one of the best medicines for cleansing the blood I know of. It may also be used in tincture, but cannot generally be given to females, who are troubled with weakness, in consequence of the driving nature of the squaw root on some females.

BLOOD ROOT.—*Sanguinaria Canadensis*.
THE ROOT.

This is well known. The root is emetic,

cathartic, emenagogue, pectoral and sudorific. The powdered root, in doses of fifteen or twenty grains, is a powerful emetic, and operates very quick. It may be used in a fully saturated tincture. Dose—a teaspoonful every ten minutes till it operates. This is a very good emetic for children, in croup and all cases of cold, where the phlegm seems to choke, but is not as good as lobelia tincture. It is good in rheumatism, jaundice, consumption, especially where the liver is affected; it forms one of the ingredients of my liver powders and drops; the liver powders are among the best cathartics I know of, especially in billious diseases arising from the liver.

BLUE FLAG.—*Iris Pseudacorus.*

This grows in bunches and has blue blows, something like the garden flag. It is called *flower de luce*. This root possesses great medical virtues; and from a long experience of its use, I am prepared to say that it is more efficacious than calomel in all the diseases where that drug is used. In small continued doses it is a sialogogue and atterative, and acts most powerfully on the liver; it forms a part of my liver drops and powders. In small doses it is a cathartic and in large doses an emetic. It is a stimulant, vermifuge, diuretic, errhine, &c. It loses its virtue by age or long exposure. It contains a large quantity

of essential oil, in which consits its virtues.— Its dose is half a teaspoonful given every two hours till it operates, or from 15 to 20 grains repeated if necessary; to act upon the liver it should be given in small doses, so as to operate in 20 or 30 hours from the time you begin to give it—this would be about one grain every two hours through the day. This will destroy the tape worm, if you should give in the end enough for a powerful cathartic.*

BONESET OR THOROUGHWORT.

Eupatorium Perfoliatum.

The herb is used. This is too well known to need a description. It is sudorific, tonic, alterative, anti-septic, cathartic, emetic, febrifuge, corroborent, diuretic, astringent, deobstruent and stimulant. A strong decoction of boneset taken warm, till it vomits freely, at the commencement of fevers will generally break them up. It is a good remedy for colds. But in all cases where the patient has been sweat with the warm tea, a good drink of the cold tea should be taken after the sweat is over—this prevents taking cold, and braces the

*This root pounded when green, and put on a felon in poultice at first attack will cure it; it is also good in ointment prepared by simmering the fresh root in lard or fresh butter.

system. This will not vomit like the warm tea. This tea cold is a powerful tonic and removes obstinate cutaneous diseases. In many instances it has cured the following diseases, viz: intermittent and remittent fevers, spotted fever, pleurisy, diseases of general debility, dropsies, and debility arising from intemperance: acute and chronic rheumatism, catarrhs, billious and typhus fever, influenza, lake fevers, and yellow fever itself; ring-worms, scald head, gout and syphilitic pains, dyspepsia and complaints of the stomach, and the bites of snakes. The principal objection to its use, is its disagreeable taste, and by using it in syrup or extract, this is avoided.—Dose of the powder is from 10 to 20 grains.—Infusion from 1 to 6 ounces.

BUTTERNUT.—*Inglans Cinerca.*

The bark boiled to extract or syrup, is a safe cathartic, and will frequently operate as an emetic; it is stimulating, and leaves the bowels regular; the green shucks from the nut will raise a blister, and is discutient to tumors. I have generally used this extract in making my laxative billious pills.

C

CAYENNE.—*Capsicum Annuum.*

The fruit or pods are used. This species of pepper is a native of South America, and is

extensively cultivated in the West Indies.—

This is the same that pepper sauce is made from. Its properties is completely extracted by alcohol, and partly by water. They may be used to advantage, in almost all cases of disease, (both acute and chronic.) They prevent flatulence from vegetable food, and have good effect on the stomach. It is the most pure, strongest and best stimulant, I believe, now in use. It has none of the narcotic effects, as spirits and other narcotic stimulants. It may be used in pills formed with extract or molasses, in powder or tincture, alone or with other medicines. It is good to assist in digestion, in dropsical affections, lethargy and paralytic affections.

CAPSICUM

Is used in the Thompsonian practice very extensively, to raise the internal heat on which life depends; to clear the system of cold, and rouse it from a torpid or debilitated effect, and to prepare it for the lobelia emetic. It may be applied external as well as internal, and is very beneficial, especially in delirium, sleepiness, rheumatism, ague in the face or breast, and tooth ache. Dose—half a teaspoonful, and repeat it as often as is necessary—you should give enough to produce the desired effect—for too much you cannot give, as it is perfectly harmless.

As a substitute for cayenne, when that cannot be had, we may use the red pepper cultivated in every part of the States. There is a pepper cultivated in this country like the red, only when it is ripe the pod is yellow: this I consider about as good as the capsicum and of the same species; the dose should be rather larger.

Ginger may also be substituted. *Black pepper* may also be used in some cases, but from its cimenagogue properties, is not suitable for general use, as the others mentioned under this head. They should be prepared, and used, like the cayenne, but in larger doses.

COMPOSITION.

The common manner of preparing this is to take 2 pounds bayberry root bark, one pound of the inner bark of hemlock, one pound of ginger, two ounces of cayenne, two ounces of cloves, pounded fine, and sifted through a fine sieve, well mixed together. This may be taken warm or cold, made in tea, the proportion is one teaspoonfull of the powder, and as much sugar, to a tea-cup full of boiling water; milk may be added. This is calculated for the first attacks of diseases. This may be used in all cases of disease to a good advantage by both male and female. It is good for relax, dysentery, pain in the stomach and

bowels, all cases of canker, and will generally remove obstructions caused by cold, or a loss of inward heat. A dose taken hot, on going to bed, heating the feet and sweating, will generally cure a bad cold, and will generally throw off a disease if repeated a few times. This is an excellent regulating medicine for females—it will generally remove bearing down pains, quiet untimely pains before parturition, and regulate those that are timely, if used thoroughly; and is excellent for women to drink freely during the whole time of pregnancy, and at confinement, and to ease pains after delivery.

CLOVES.

Cloves are among the most stimulating aromatics, and are supposed to possess considerable power in exciting venereal desire.—
 Dose—from 5 to 15 grains. They are principally used with other medicines. The oil is used in the same way, and as a local application in tooth ache. The pure oil of cloves is not very pungent—that commonly sold, being rendered so by certain additions.

COMPOUND FOR CANKER.

Take 3 or 4 of any of the following articles in tea, tincture or powder, viz: bayberry, the bark of the root, white pond lilly, the root, hemlock, the inner bark, sumack, bark, leaves,

or berries, witz hazel, the leaves or bark, red raspberry, the leaves, cranes bill, the root.—This compound is one of the best remedies for canker now known. It is good for relax, dysentery, and all bowel complaints. Dose—of the tea a wine glass full 6 to 8 times a day. Powders half a tea-spoon full. It is good in female weakness, taken or used with a female syringe, or it may be used for injections; hot drops or third preparation may be added in all cases of using this preparation, when it fails of producing the effect. It may be used in bitters or tincture—it is excellent for the system—and is one of the best remedies for sore mouths, caused by taking calomel—good to wash sores with, and strengthen weak eyes. It should be sweetened, and milk may be added.

COWSLIPS.—*This is a well known plant,*

Growing on marshy places, rises early in the spring and is used for greens. A syrup made from the roots of this plant in the following manner, is very good to regulate young girls and invigorate the system: Take ten quarts of the roots by measure if green, or half that quantity of the dry roots. Boil in two quarts of water down to one pint, strain off the liquor, add one pint of brandy, one oz. nerve powder, one pound loaf sugar, and one oz. cayenne: dose—a table spoonful 3 or 4

times a day—soaking the feet and drinking herb tea at the same time, will generally produce the desired effect. These roots drank in tea during pregnancy, will make easy and quick delivery. The syrup may be used for the same purpose.

CRANES BILL OR CROW FOOT.

Geranium Maculatum. The root is used.

This plant is perennial, grows in rich ground all over the United States; has long slender stalks, from 1 to 2 feet high, with seven long narrow leaves, or segments at a joint; flowers single, on long stems like a crane's bill, springing from the wing of the leaves. The root is crooked, knotty, of a blackish color on the outside and reddish within. It has an austere styptic taste, accompanied with a slight kind of aromatic flavor. This is a very powerful astringent. As it contains but little resin, it is particularly adapted to phthisical diarrhoeas, dysentery, &c. It is a better tonic than kino, and therefore preferable to it in the treatment of morbid fluxes, connected with relaxation and debility. It is extensively used in bowel complaints, but the stomach should always be cleansed if there is any coat on the tongue before using any astringent. Steeped in milk is very good in bowel complaints of all kinds. Good in all cases of canker, sore mouth, sore throat, &c. In tea it is good to

wash ulcers, sores of every description: it is a good styptic, and is good used as injections for gleet and whites. The Indians value this in wounds, gonorrhoea, ulcers on the legs, diabetis, bloody and involuntary discharges of urine, menses, &c.

Dose—1 to 2 ounces of the tea, from 2 to 4 drachms of tincture, from 15 to 40 grains of the powder, and from 10 to 15 grains of the extract. Joined with gentain, it cures remitting fevers more effectually than the Peruvian bark.

CLIVERS OR GOOSE GRASS.

Galium Aparine. The herb.

This vine-like grass grows in hedges, on low grounds, in meadows, near brooks, and is frequently raised by the side of houses, for ornamental vines, and is generally known by the name of creepers, or wild cucumber, and grows much higher and larger than where it grows natural. It generally rises from four to six feet, climbing round the bushes near it. The leaves are eight in a whorl, lance like, and the upper side whitish, with sharp prickles—stem square, the angles being guarded with sharp prickles bent down—flowers small, inconspicuous and divided into four segments, these change into a fruit, rather large, composed of two berries slightly adhering together.

er, and covered with hooded prickles containing two seeds.

This is one of the best diuretics we have—it acts quick in all suppression of urine, and acts powerful on sediment and stone or gravel in the bladder or kidneys; it is a powerful discutient. It is good in scurvy, and spitting of blood. The expressed juice of this plant, mixed with oat meal in poultice, and applied cold over an indolent tumor, three times a day, keeping the bowels open with castor oil, and taking a table spoonful of the juice every morning, will often disperse it in a few days. This should always be infused in cold water, as heat destroys it entirely.—It should be drank for a common drink, and is perhaps the most powerful solvent to the stone or gravelly concussions there is now known. From its cooling as well as diuretic properties, it is very useful in inflammation of the urinary organs, and relieves the scalding sensation in the clap. It is not as useful in dropsies or stranguary, caused by colds, as it is of a cold nature.

There is a small herb called also Clevers or Clivers. The *Galium Verem et Aparine*.

This is much less than the former and is very different in its appearance. This is a sort of joint grass and grows in mowing land, where the ground is wet; it has small leaves at each joint; the stalk is four square and the

edges are rough like a sickle. A strong tea made of this herb and drank freely, is very good for stoppage of urine. Either of these articles may be used in tincture, with other diuretics, to good advantage.

CATNIP.—*Nepeta Cataria*.

This useful and common herb is well known, but too little appreciated—being so simple that but few will pay any attention to it. It is well for physicians that it is slighted—as, if it were used in all the cases where it might be to advantage, their services would be less needed. It is an elegant warm cordial aromatic; and promotes perspiration, eases pain of all kinds, especially headache; and is useful in all cases of disease for common drink; and the extract is useful to make pills with.

COLUMBO.—*The root*.

This root is well known where it grows, and needs no description. It is emetic and cathartic when fresh—tonic, anti-septic and febrifuge when dry. It yields its bitterness to water, but proof spirits is its proper menstruum. Dose—2 drachms of the powdered root, from 1 to 2 ounces of the infusion. The root ought to be dug in the fall of the second, or spring of the third year of its growth—as it is a triennial plant. It strengthens the uterine system, and is a remedy against barren-

ness; it will generally relieve a costive state of the bowels during pregnancy. A teaspoon-full of the powder in hot water sweetened, will give immediate relief in cases where heavy food overloads a weak stomach. It is used to advantage in consumption, dyspepsia, jaundice, scurvy, suppressed menses, &c. The leaves occasion sweat copiously, when laid to the forehead, and will commonly relieve the headache; this will also apply to any kind of inflammation and rheumatism.—They are good for drafts.

CRANBERRY OR CRAMP BARK.

Grows in swamps, from 6 to 10 feet high, shrub like, leaves resemble a goose's foot;—flowers white, in clusters, berries in clusters, turns red when frost comes, and remain on through the winter. The bush, after the leaves have fallen, resemble the lalock; it is sometimes cultivated. The berries are of a strong acid taste, with a flat seed in the middle, good to eat; the bark is a moderate bitter. The bark in tea or tincture, is one of the most powerful anti-spasmodics known. It may be used alone, or combined with other nervines, as tonics—it may be used for cramps and spasms of all kinds; but especially during pregnancy, as it makes labor light; and for the gripes and cramps of small children or infants, it is peculiarly adapted. It may be

tinctured in wine; and is one of the ingredients of the mothers relief.

COLTS FOOT.—*Asaram Canadense*.

The whole plant.

This plant is generally known where it grows. It will if powdered and used for snuff, remove obstructions and giddiness of the head. It is good in scrofula, coughs, asthma, pain in the breast, and promotes the menses.—Dose—half a teaspoonful of powders 3 or 4 times a day, or one gill of the decoction as often, and two teaspoonfulls of the tincture may be taken 4 times a day or oftener in urgent cases. In hot tea it will generally remove obstructions and regulate the menses—by soaking the feet at bed time and drinking half a pint of the tea and repeat it as often as necessary.

COMFREY.—*Symphitum Officinal*.—*The root.*

This is a garden plant and needs no description. The root is demulcent and mucilaginous, similar to marsh mallows. They correct salt sharp serum and acidity of the humors. In syrup it heals internal injuries and soreness, erosions of the intestines from diarrhea or dysentery, and prevents the spitting of blood. It is good in coughs and all pulmonary affections, promoting expectoration. It is good with other articles in syraps, especially

in a female strengthening syrup. The fresh root bruised in poultice, is a good application for bruises, ruptures, fresh wounds, sore breasts, ulcers, gout, &c. And will stop the joint water, if applied opposite to the cut.

COLT TAIL, OR FIRE WEED.

Erigeron Canadense.

Colt tail taken freely in tea or powder is a good styptic, and may be used to good advantage in dysentery, bleeding piles, fluxes, and all hemmorrhages. It may be used internal or applied external as a styptic, and the powder snuffed up the nose will stop the nose bleed. It is a good astringent; and the oil in doses of from 5 to 15 drops will generally stop flowing.

CAMOMILE.—*Anthemis Nobilis.*

The whole plant.

This useful plant is well known; its medical properties is very similar to the boneset, though not equal to it in power. Its properties are tonic, anti-spasmodic, diuretic and discutient. It is useful in weak digestion, hysterics, flatulent or spasmodic colics, and dysentery. It may be used for bitters alone, or with other tonics; it may be applied external, to ease pain from swellings or injuries of any kind; it is one of the ingredients of the nerve ointment.

CAMPHOR TREE.—*Laurus Camphora*.
The gum.

This tree is a native of Japan and grows to a considerable size. The gum is obtained by sublimation. This is a volatile diffusible stimulant, in small doses—in large doses it is narcotic, and frequently produces violent effects; it rouses sensibility, quiets the nerves, and frequently induces sleep. Alcohol is its proper menstrum. It is good in linaments, washes, &c., to apply external. In alcohol it destroys lice of every description. Dose—from 5 to 20 grains.

CASTOR OIL.—*Ricinus Communis*.—OIL.

The castor bean is a native of the West Indies and flourishes well in most parts of the United States, particularly in the South.—The seeds are about the size and look like small beans, and is known by the name of the oil bean—from which the oil is obtained.—From one to two of the seeds swallowed entire, will operate as a drastic purgative, or emetic. The oil is obtained by pressing the bean, or boiling it and taking the oil from the top of the water; the beans are pressed cold and warm, but the cold pressed oil is best, yet the best oil is got by boiling the seeds, and taking the oil from the top of the water.

This oil acts as a gentle and useful purgative; it is not apt to gripe, and may be given

where more drastic purgatives would not be safe. It is a vermifuge, and is an excellent remedy for the dry belly ache in children and adults. Dose—for adults a table spoonfull; for children, from one to two teaspoonfulls.—This may be given swimming on warm water, to the best advantage.

COHUSH.—*Leontice*.

The root.

There are four species of this plant in medical use. The blue, white, red and black, all known by the color of their berries, except the black, which has no berries, but shells in which the seeds are contained.

Blue Cohush, called also blueberry, pop-poose root, blue genseng, &c. This is demulcent, anti-spasmodic, stimulant, sudorific, and promotes the menses. This taken during pregnancy, for a few weeks before parturition, will make easy and quick delivery. This is used by botanists and the Indians for rheumatism, dropsy, colic, sore throat, cramps, epilepsy, hysterics, inflammation of the womb, &c. This root is very good for children, to cleanse the blood, and is used with good success in the venereal diseases. Dose—a teacupfull of the tea, half a wine glass of tincture, or one fourth teaspoonfull of the powder, 3 or 4 times a day.

The red and white Cohush, possesses simi-

lar properties as the blue, but rather more stimulating, and better nervines. The red is good in too profuse menstruation—and the white is excellent in the flour albus or whites. I have used them as nervines, in severe cases of Prolapsus Uteri, or falling down of the womb. They may be used in all cases of female weakness. They should be used in the same manner as the blue, but in rather less doses.

Black Cohush is the most powerful and useful of the whole four—but cannot be used with safety for females who are any way inclined to weakness—as it is a very powerful emenagogue; and may be given in severe cases of suppressed menses, colds, &c., of females.—The various names by which this useful plant has been called, are rattle root, squaw root, rich weed, deer weed, and black snake root. It is mildly astringent, tonic, diuretic, and detergent—and is good in female obstructions, child birth, &c, coughs, consumptive affections, agues, fevers and bowel complaints.—It may be taken in tea, tincture, syrup, or powders, alone or with other medicines.—Dose—half a teacupfull of the tea, from 15 to 20 drops of the tincture and from 6 to 8 grains of the powder; these should be increased gradually till the cause is removed, or a slight dizziness at the head is produced. Add the oil of hemlock in rheumatic and consumptive af-

sections, and the oil of pennyroyal in female obstructions. This powder with lobelia forms my blood powders--and with logwood, forms my most thorough emenagogue or driving bitters.

CATARRH SNUFF.

This is made by taking 4 parts bayberry, one part of each, colt's foot, milk weed or ip-eack, pulverized and well mixed; good snuffed up the nose for headache, dizziness at the head, removes obstructions of the head and cures catarrh. Add essence if you please.

CATHARTICS.

Cathartic tincture is a fully saturated tincture of goquick with alcohol. This given in teaspoonful doses once an hour till it operates, is a powerful and quick cathartic--it frequently vomits. Put a little oil of winter green or other pleasant oil with it, makes a good essence, which is very pleasant to the taste, and does not injure its medical virtues. This is good in all cases where a quick thorough cathartic is needed; and in such cases can be used with perfect safety, if physic is admissible.

Cathartic No. 1.--This preparation is equal parts of the cathartic tincture, and third preparation together. This is the manner of preparing it for adults, but for children the lobe-

lia tincture should be used instead of the third preparation, as this is so hot children will not take it. This is the best, most safe and efficacious cathartic I have ever used, for violent attacks of disease, such as fevers, inflammations, (both acute and chronic,) low debilitated cases, colds, female obstructions from colds, lung fever, pleurisies and especially child bed fevers. In short to cleanse the stomach it will do all that any cathartic will, and may be given to a patient that is so weak he cannot turn himself in the bed--as it is a powerful stimulant and will keep up the strength of the patient during its operation. I have seen very weak patients after a thorough operation of this medicine both ways, stronger than before they took it. It is a sovereign remedy for fits in children of all kinds. Dose--one teaspoonfull every hour till it operates as physic. It will frequently vomit, but should be given till it operates as a cathartic. Then in most cases the cathartic tincture should be discontinued, and the other may be given without it, to produce a perspiration, what the stomach will bear without vomiting; repeat the cathartic every day or two till the tongue is clean; bitters should be given.

Cathartic No. 2.--Take equal parts of go-quick in powder, liver powder, cayenne, and bayberry, all pulverized and well mixed.--Dose--for acute diseases, one fourth teaspoon-

full every two hours till it operates; in violent attacks it should be taken every hour; and in liver complaints and other chronic diseases, half that quantity may be taken once in three hours. One grain of lobelia may be added where the stomach and system is in a torpid state or filled with morbid matter or phlegm. The purposes for which this is used, are the same as the foregoing or No. 1.

For the No. 3 *Cathartic*—see liver powders.

CABBAGE OINTMENT.

Take the heart of the cabbage stump scraped fine, simmered in lard or fresh butter slow, 4 or 5 hours, till the water is all simmered out. This is good to apply to all eruptive diseases, sores, &c.

D

DIURETICS

Are medicines that operate on the kidneys and urinary organs in general. The harlem oil is an excellent diuretic—the recipe for making it, will be found under H. Three or four of any of the following articles in tea or tincture will attract as a lively diuretic, viz: Indian hemp roots, queen of the meadows—the roots, clivers, black currant leaves, balm roots, juniper berries, pumpkin and water melon seeds, dwarf elder, &c., and many others will be found in this dispensatory.

E

EMETICS.

The lobelia, blood root, epicack and bonc-set are the principal emetics for common use.

DWARF ELDER.—*Sambucus Ebulus*.

This plant rises two or three feet high, is herb-like, erect and prickly; leaves opposite, pointed, composed of four or five pair with an odd one at the extremity; flowers terminal, umbeliferous, in scattered shafts; the fruit is a round, black, single celled berry, containing three irregular shaped seeds. The juice and decoction has been found most efficacious in curing dropsies. It is a powerful hydragogue, or water purge. A gill of the juice of the inner bark works powerfully both upwards and downwards, and has frequently cured dropsies. A gill of the tea may be taken twice a day in common cases. It may be used with other diuretics in tea or bitters.

ELECAMPANE.—*Inula Helenium*.—*The root*.

This is a well known plant where it grows. This root is a good pectoral, good in coughs; it is detergent, expectorant, laxative, stomachic, diurectic and diaphoretic. It attenuates viciid phlegm, relieves humoral coughs and asthmas, excites urine and insensible perspiration, gently loosens the bowels, strengthens the stomach and the tone of the viceral in general. It may be taken in tea, powder or syrup—alone

or with other medicines. Dose--one teaspoonfull of the powder three times a day, or a teaspoonfull of the tea twice a day. Elecampane, comfrey, and slippery elm made in syrup with honey makes a good preparation for coughs. It may be taken 3 or 4 times a day freely.

SLIPPERY ELM.--*Ulmus Fulva.*

The inner bark.

This is well known. It is good in decoction for scorbutic and herpetic eruptions, whites, gleet, clap, ulcers, &c.—and is good for poultices for fresh wounds, burns, scalds, bruises and ulcers. It is a good antiseptic, and disposes to superation. The tea is good to drink as a diet drink in pleurisy, catarrh, diarrhea and dysentery. Let pregnant women drink it from the seventh month, as it facilitates the birth, and makes easy and speedy delivery.

F

FEATHER FEW, FEVER FEW OR PILE WORT.

Matricaria Vulgaris.—*The leaves and plant*

This is a garden plant of a bright red color, too well known to need a description. There is another plant that grows wild, by the same name, similar looks and medical properties.—They are warm, apperient, carminative, bitter, strengthening to the stomach, expells

wind, promotes the menses, destroys worms, and is good in hysterics and low spirits.-- Dose--a teacupfull of the tea may be taken 4 times a day.

G

GREEN WAX OR COURT PLASTER.

Take 3 pounds of rosin, $\frac{1}{2}$ a pound of beeswax, $\frac{1}{2}$ a pound of mutton tallow and 2 ounces of verdigrise, pulverize the verdigrise and mix about 3 ounces of the tallow with it cold, and melt the rest of the tallow, beeswax and rosin together; after they are sufficiently melted and mixed, take the kettle from the fire, let it cool so as to be just warm enough to melt the tallow in which the verdigrise is mixed and then add that, and stir them well together, and pour it all into cold water and work like wax, and then roll it into sticks.

This is the most useful and universally applicable plaster I know of. It is good for all kinds of sores, both old and new; it is an excellent remedy for inflamed sores, fever sores, salt rheum, &c. It is good to destroy fungus or proud flesh. It is an excellent adhesive plaster for cuts, bruises and wounds of all kinds, and is universally applicable for a strengthening plaster, ague in the breast, face, &c. By using animal oil instead of the tallow, and linseed oil instead of the beeswax, and enough of the spirits of turpentine to make

it of proper consistence, you may have one of the best linaments now known; useful for every thing. This is what used to be known by the name of kitridge grease. It is powerful to allay irritation, relax the muscles, reduce swellings, and prepare broken bones for being set; it should be bathed in hot.

Go QUICK.—*The root.*

This is a species of the *Vincetoxicum* or milk weed. It rises from one to two feet high, starts early in the spring, the root lives thro' the winter, but the stalk dies every fall; the stalk is about the size of a small pipe stem round and smooth, its color is a greenish red, leaves small, something like flax; it branches towards the top into several small branches on the end of each is a small white blow as large as flax blows, succeeded by small shells containing the seed; flowers in June and July, and on being broken there exudes a milk from the top or root. It grows upon dry sandy openings, the root runs deep into the ground, about the common size of a lady's small finger; it is irregularly shaped, the old root is black outside and light inside, but the young roots are of a light cream color outside and still whiter within. It is hard to kill, by plowing or hoeing, as the root when cut off will spring up again. This root has very little taste or smell. This root in half

teaspoonful doses will generally operate as an emetic and cathartic, in from one to two hours; though so active, yet it should seldom be used alone. It may be used in powders one-fourth teaspoonful every hour till it operates as physic, or tinctured in alcohol in teaspoonful doses every hour. But the best way to use it is to combine it with lobelia, cayenne, bayberry, or less active cathartics, and give it in less doses in proportion to the amount of physick put with it. This root cannot be used in decoction as heat destroys it.

GENTIAN.--*Gentiana Lutca*.—*The root.*

There are many species of this plant, but the species here described, rises two or three feet high, in larges bunches, a strong stem standing erect; the leaves are set opposite, spear shaped, large ribs and rough; flowers large, set around above the leaves in whorls, succeeded by yellow bitter berries about the size of a June cherry. It is perrenial, and grows on the sides of roads, and in waste places.

The root possess the general virtues of bitters in an eminent degree, and is wholly devoid of astringency. It is tonic, anti-septic, and in large doses cathartic and sudorific. It invigorates the stomach and is very useful in debility of the digestive organs, especially in diseases of the liver, or when that organ is in

a torpid state. It is good to help a poor appetite and in the cure of the dyspepsia. With astringents it cures intermittents more effectually than the peruvian bark. Dose—from 10 to 40 grains of the powder, but is more generally used with other medicines in bitters, tincture, &c. I often combine it with squaw root in equal parts in bitters, to cure rheumatism, especially that of the inflammatory kind.—The berries may be used for the same purposes as the root, but is not as powerful.

GINGER.—*Amomum Zingiber.*—*The root.*

Ginger root is imported from the East and West Indies. The root is a grateful and good aromatic, it is a very harmless good stimulant, and useful in dyspepsia, flatulence and gout. It is more immediately useful in flatulent colics, in a relaxed debilitated state of the stomach and intestines, and in torpid phlegmatic constitutions.

GALBANUM.—*The gum resin.*

This a native of Africa, and comes in pale colored pieces, about the size of a hazlenut.—Proof spirits dissolves it entirely, the impurities excepted.

This is chiefly employed in plaster to white swelling, to resolve and discuss tumors, and promote superation. For internal use, it is employed in hysteric spasms, and in inflamed

piles. It is one of the ingredients of the hysteric pills. Dose---from 10 grains to a drachm.

GAMBOGE.--*Gambogia.*--*A gum resin.*

A juice of a vegetable native of the East Indies, of a resinous nature. The best is of a deep yellow color, and very little taste or smell.

It is a powerful cathartic, and frequently vomits. It is of a drastic nature. In small doses it has been used as a water purge, in dropsies, &c. This gum is too powerful to be used alone, but combined with other cathartics in pills, makes a good auxiliary. Dose --from to two four grains. Some have said they gave it to the amount of fifteen grains, and repeated it two or three times, to destroy the tape worm, without injury; but I would not recommend it.

GOLDEN SEAL OR OHIO KERCUMA.

Hydrastis Canadensis.--*The root.*

This is generally known where it grows.--It is an inestimable tonic, and at the same time a little laxative, which makes it one of the best tonics in dyspepsia known; it is opthalmic, detergent and stimulant. It is used for diseases of the eyes, good in all cases of canker. It is used in all billious diseases, agues, &c., to good advantage. It is one of the in-

gredients of my anti-dyspeptic powders. I have used it to prevent costiveness, and especially prolapsus uteri, and other weakness of females. It is well adapted to the removal of many of the disagreeable symptoms attendant on pregnancy; especially the sickness at the stomach. The best way I have ever used it is in the anti-dyspeptic powders. But it may be used in bitters with other articles.

H

HARLEM OIL.

Boil 4 ozs. sulphur in one pint linseed oil until the sulphur is melted and mixed with the oil, then take it from the fire and add two ounces of the oil of amber, one ounce of the oil of juniper, and enough spirits of turpentine to make it about half as thick as molasses.

This is a healing, detergent, stimulant, strengthening and diuretic medicine. It is very strengthening to a weak stomach, and will discuss and heal soreness, internal or external. It is one of the best, and most diffusible diuretics I have ever used: good in dropsies, stranguary, gravel, or any disease of the urinary organs. Dose—from 10 to 40 drops on sweet milk three times a day. We should begin with a small dose and increase one drop each time of taking to about 40 drops, unless

a weakness comes over the system soon after taking it; if so, we should not go beyond the dose that produces that effect; although this feeling will pass off in a few minutes without injury.

HEMLOCK.—*Abies, vel Pinus Canadensis.*
THE TREE.

The boughs, inner bark, gum, and oil, for medicine.

The inner bark of this tree may be used in powder or tea alone, or with other medicines: good for canker, bowel complaints, &c. It is one of the articles in the compound for canker. The boughs are among the best of herbs to sweat with; good in colds, rheumatism, fevers, and act as a lively diuretic in all the different diseases of the urinary organs, and is one of the greatest preventatives to taking cold—regulating in female obstructions. The gum is good to heal, internal or external, and makes a good plaster, is very strengthening taken in spirits, or applied external in plaster.

The oil of hemlock is good to sweat with, prevents colds, heals and strengthens the system, and promotes the menses. This is one of the most useful of the vegetable kingdom, and can be used to good advantage for almost every disease, internal or external.

HOARHOUND.—*Marrubium Vulgare*.

THE HERB.

This herb resembles catnip some. It is aperient and deobstruent; it promotes the fluid secretions in general, and drank freely in tea, prevents costiveness; good in asthma, coughs, yellow jaundice, chachexy, menstrual obstructions, dropsy, and to destroy worms. It will generally carry off a salivation. The expressed juice may be used one gill a day; it may be used in tea, tincture, or powder, alone, or combined with other medicines. It strengthens the female organs of generation, and facilitates parturition. It has been used in consumptions and female weakness to good advantage.

I

INDIAN HEMP.—*The root*.

It is a species of the milk weed, and grows by the side of rivers and ponds of water. It grows 3 or 4 feet high, bears a silk pod like milk weed, and the bark is a tough coat like hemp, the blows stand in tufts on the top, and looks red, similar to the queen of the meadow. The roots are many, long and white, like worms, and is sometimes called worm root.— This may be used in tea powder or tincture, alone, or with other diuretics. This in tea, is a good anthelmintic, destroys worms—in pow-

der, tincture or tea, it is one of the best diuretics I know of. Good in dropsies, gravel, and other diseases of the urinary organs.

ITCH OINTMENT.

Take half a pound of fresh butter or lard, one ounce of burgandy pitch, one ounce of venice turpentine, or two ounces of the spirits of turpentine—venice turpentine is the best—simmer them slow till melted and mixed, and when nearly cold stir into it one ounce of red precipitate; then fit for use. This will cure the itch; and by cleansing the blood will cure most of the eruptions that children are subject to; use but little at a time, and be sure not to use sulphur while using this ointment, as one destroys the other, and neither will do any good.

AMERICAN IPECAC.—*Americana Ipecacuanha*.

This is the wandering milk weed, found on low ground and intervals. There are several species of this plant, all similar in appearance and medical virtues. The bark of the root is used. It rises three feet high, the stalk is bare for a foot, then throws out many branches, leaves numerous and ovate, flowers whitish, like buckwheat, which are succeeded by pods with silk in them, like the other milkweeds. It is a perennial plant. The roots are black

outside, and light within. It is intensely bitter.

This plant is emetic, cathartic, sudorific, and pectoral. It is better than the ipecack of the shops for the same purposes. It is good in rheumatism, dropsies, asthma, coughs, and consumptions. Dose—for emetic and cathartic, is from 30 to 40 grains.—Good to cleanse the stomach in all cases of acute diseases—one grain may be taken every two hours in fever powders as a sudorific. It may be used in tincture or powders. Good in too profuse menstruation, and to dispel worms.

J

JUNIPER.—*Juniperus Communis*.

This is a shrub bush, well known where it grows. The berries and essential oil are used; they are diuretic, carminative, stimulant, diaphoretic, good in flatulant and drop-sical complaints, &c.

L

LIVER MEDICINES.

Liver powders or No. 3 cathartic powders. This is the pulverized roots of mandrake, blood root, and blue flag, in equal proportions.—This preparation is a good and safe cathartic; taken one-fourth of a teaspoonfull once in

three hours till it operates. It cleanses the stomach, and rouses the liver and kidneys into action. In small doses from one to two grains, enough to operate once or twice a day, is detergent, diuretic, expectorant, &c. Good in all chronic diseases, to cleanse the blood from all superfluous humors, especially in fever sores, dropsies, to cleanse calomel out of the system, &c.

LIVER DROPS.—Make a fully saturated tincture of the liver powders, and mix it with lobelia tincture in equal proportions. This is an excellent medicine for the liver or lungs; good for pain in the stomach or side, for coughs, colds, inflammations, asthmas, &c.—Dose—half a teaspoonful three or four times a day in chronic diseases; in acute diseases it may be given every hour or two in nauseating doses.

HONEY BALSAM.—This is made by steeping one gill of strong decoction from the green blue flag roots; add one gill of honey to this, and 3 ounces of the liver drops. This is the best preparation for consumptions of the liver or lungs I know of; and by adding 2 ounces of No. 6 or hot drops to the above, you have the best family cough drops for colds, coughs, &c., I know of: good in all cases of disease, to change the general secretions and excretions of the whole system: purifies the blood,

expectorates and removes that cold viscid phlegm, or morbid matter from the liver, lungs, stomach and kidneys, and may be said to be one of the most useful of the family medicines for diseases, both acute and chronic. — Dose—-from one to three teaspoons full, from 3 to 8 times a day, according to the emergency of the case.

LOBELIA.—*Inflata*, *vcl*, *Thompsonia emetica*.
The Herb.

This is generally known where it grows — This is the most valuable of all the medicinal plants now known, and the most commonly used; as it is useful in large or small doses for almost all the diseases of mankind; and enters alone or compounded into most of the different preparations of medicine used in my practice. Lobelia properly used, is the most active, safe, useful and thorough emetic now known; notwithstanding the humbug stories circulated against it, by learned quacks, to injure its reputation and prejudice community against the botanic practice. It is a sialagogue, stimulant, anti-spasmodic, pectoral, expectorant and anti-septic. It is the most powerful medicine to cleanse the stomach of cold morbid matter I know of; it is very cleansing to the blood, and healing to sores or injuries, internal or external; and to equalize the circulation, in the form of third prepara-

tion, it is more powerful than all other medicines I have ever used put together.

The different preparations in which I have used it, is first—the tincture of the herb with whisky. Put the herb first jammed up, into a jar or bottle, and just cover it with the spirits. This is the best emetic for children I know of, in doses of from half to a teaspoon full repeated once in half an hour, or less, in urgent cases till it vomits three or four times. This may be given in sage, catnip, or any other warm herb tea sweetened, and is perfectly safe, and is good in colds, fevers, inflammations, especially of the lungs, in pleurises, fits and worms. This in the form of the liver drops, is good in diseases of the liver, indigestion, pain in the stomach, sides, croup, &c. Lobelia tincture, or what has been called sleeping drops by many, is one of the best remedies in griping and pains in the bowels of small children I know of; use it as you would laudanum or paregoric, from one to five drops in some pleasant aromatic drink sweetened, or in breast milk, this will make the infant sleep quietly; and if a small dose does not, quiet it, give another, and if the small doses should not prove effectual, give enough to vomit, and this will prove effectual.

Second; the powdered leaves and pods may be used for the same purposes as the tincture, but not as diffusable; or the herb soaked in

lukewarm water may also be used to advantage; any of the above may be applied to good advantage to bruises, sores, &c.; it may be applied externally in tincture or poultices; also in a pessary or female syringe, with slippery elm, canker tea, cayenne, &c., for prolapsus uteri, and any other cases of female weakness. Dose—of the green powder for emetic, from half to a teaspoonfull in from 30 to 60 minutes; for a sudorific, in fever powders, anti-spasmodics, detergents, &c., from half to a grain, from one hour apart, to two or three times a day, according to the urgency of the case. The seeds or brown emetic may be powdered and used as the above, but in less doses; these should always be combined with some stimulating herb tea or cayenne, bayberry and ginger, common pepper, &c.

Third; the third preparation is made by taking one ounce of lobelia seeds, one ounce of cayenne, one ounce of bayberry, two teaspoons full of the nerve powder, and three gills of No. 6, or hot drops, all mixed together. This forms one of the most useful of all the medical compounds I have ever used. For adults it is the best, most safe, easiest, and most thorough emetic, is prepared just right, and needs nothing with it, unless the stomach is sour, then give alkalies. This is the best preparation for all the diseases before spoken of,—

This preparation is a sovereign remedy for fits of all kinds, cleanses the stomach most effectually, is an antidote to all poisons internally or externally applied; it will cure the stings of bees and the bites of serpents, and is a sovereign remedy for the bite of a mad dog; and bound tight on tumors will generally disperse them; especially the goitre or big neck: with the root of the blue flag green in poultice, will generally drive away a felon.— It is the most powerful stimulant now known and is the last resort in all cases of disease to keep them from running down, and to avert gangrene or mortification, and if a person will run down 24 hours under the thorough operation of this medicine, you may give them up as incurable. I have cured typhus fever in a few hours with this medicine, and many other distases; it will start the sweat if there is any sweat in the patient, that is, if there is enough action or life for the medicine to act upon, it will most assuredly act. It is an excellent medicine to rouse and regulate nature in child birth; it will generally stop hemorrhages of all kinds. Common doses, one teaspoonfull once an hour, but it should be varied according to the circumstances and urgency of the case. I have given it in doses from one drop to a table spoonfull, and repeated the dose from three times a day to once in 5 minutes. I have given 4 ounces in 2 hours

with the most happy effects, especially in the flowing of females, and in child birth, where there is a protracted labor, or a debility of the system. It forms one of the best stimulating washes to ease pain externally I know of; it is very healing and anti-phlogistic.

LIME WATER.

This is made by pouring one gallon of boiling water on one pound of unslacked lime close covered, shake a few times and bottle close for use. This is good for a sour stomach, it dissolves mucous and kills internal worms. It is good in laxity or debility of the solids. as diarrhoea, diabetes, flour albus, asthma, scrofula, scurvy, &c. And from its astringent and cleansing properties is good in consumptions, and may be used in a wash in almost all eruptive diseases to good advantage. Dose— from $\frac{1}{4}$ to half a teacupfull, it may be taken with new milk, in equal proportions, in consumptive habits. Quick lime and soft soap in equal proportions placed in a thimble and applied to a felon brings it out, by applying twice about three-fourths of an hour each time. .

LADIES SLIPPER.—*Cypripedium Pubescens*.
THE ROOT.

Also nervine, umbil, valerian, &c, there

are four species of this plant known by the different colors of the flowers, their properties are the same. The flower resembles a ladies slipper or shoe.

This may be used in all nervous affections, to ease pains, procure sleep, &c. And is much better than opium, having no narcotic effects on the system; it forms one of the ingredients of my nerve powder. Dose—from half to a teaspoonfull of the powdered root as is necessary, perfectly harmless, it may also be used in tea, tincture or extract. Its properties are sedative, tonic, and anti-spasmodic nerveine.

LILLY WHITE POND.

Nymphæa Alba Aquatica.—THE ROOT.

This grows in living water and is known from the yellow by the color of its blossom, which is perfectly white, laying or floating on the top of the water where it grows.—This is one of the best canker medicines I have ever used, it is a powerful astringent, good in hamorrhages, fluxes, relaxes, diabetes, and especially good in flowing or immoderate flow of the menses, bleeding from the stomach or lungs; good in female weakness of all kinds, bowel complaints, &c. This root with cohush root and slippery elm bark in cold water pounded fine, and changed three times a day will discuss a white swelling. The roasted root applied to bruises, where nails or sub-

stances are left in the flesh, will generally draw them out. This is one of the ingredients of the compound for canker. Dose—of the powdered root, one teaspoonfull. This may be used in tea or bitters freely, without harm.

M

MAGNESIA.

This is a white substance and looks like chalk: it is one of the absorbent alkalies and used for heart burn, costiveness and to correct an acid state of the stomach. It is mildly laxative. The dose is not very particular.

MANDRAKE.—*Podophyllum Peltatum*.

THE ROOT.

This root is both emetic and cathartic in doses of from 20 to 30 grains, in less doses it is cathartic; it is slow in its operation, but pretty sure; by giving more or less in repeated doses of from one to 5 hours, you may make it operate in almost any time, from 6 to 40 hours after being given; add stimulants, these make it operate more mild, and you may add more active cathartics to quicken its operation in acute diseases. It is an expectorant, tonic, antiseptic, anthelmentic, &c.; it changes the secretions and excretions of the whole system, especially the liver; with blood root and blue flag roots, forms my liver powders, and these

powders tinctured, forms my compound tincture; and lobelia tincture added to this in equal proportions, forms my liverdrops. Mandrake in small doses so as not to physic more than once or twice a day good in chronic sores, especially fever sores, but the liver powders are better for the same purpose. Composition, cayenne, bayberry, &c., should be taken during the operation of the above cathartics.

MOTHERS RELIEF.

Take 1 pound of squaw vine or winter clover, one pound high cranberry or cramp bark, half a pound of each red raspberry, unicorn and blue cohush, one fourth pound cayenne and nerve powder in equal parts; boil in 2 gallons of water down to one gallon, add 3 pints brandy and 3 pounds loaf sugar. Dose—from one to three table spoonfull 2 or 3 times a day. This should always be used by females for a few weeks before confinement, and also after confinement to check after pains and strengthen the uterine system. This makes labor quick and easy: good in all cases of female weakness.

N

NETTLE.—*Urtica Dioica*.

The leaves, seeds and roots.

The leaves of the fresh plant, stimulates,

inflames, and raise blisters on the part of the skin where they touch. The juice of the top or powdered root are astringent, and good in gravel, internal hemorrhage, such as bleeding from the stomach, lungs, &c., or bloody urine. It is said to be a sovereign remedy for goitre or big neck, and as good as peruvian bark in agues and intermittents. For this purpose the seeds and flowers should be used in doses of a drachm, in wine; in larger doses it induces a lethargic sleep.

No. 6, OR HOT DROPS.

These are made by boiling one pound of pulverized gum myrrh, 2 ounces of cayenne, 2 ounces of bayberry, in one gallon of alcohol or high wines, this should be boiled about 20 minutes in a stone ware vessel set in water; golden seal is sometimes added; and balm gilead buds make a good substitute for the myrrh.

These drops are good for colds, resists mortification, good in debility to keep up the strength, for pain in the stomach, colic, &c., and may be used to advantage in all cases of disease, and good for bathing drops, for bruises, sores, &c., by adding spirits of turpentine and camphor gum, makes the rheumatic drops; which are an excellent external application for all pains and soreness. It should be bathed in hot. A teaspoonfull may be taken for a dose, it relieves dizziness at the head.

NERVE OINTMENT.

Take the bark of the root of bitter sweet two parts, of wormwood and camomile, each equal, one part, when green, or if dry moisten them with hot water, which, put into any kind of soft animal oil or lard, and simmer them over a slow fire for six hours, then strain it and add one ounce of spirits of turpentine to each pound of the ointment. Good for bruises, sprains, callous swellings, and for corns. To cure corns fully saturate a piece of suet or bladder and wear it around the corn, first paired thin, till it is worn off; one or two such applications will bring out the corn.— For the other complaints above named, bathe it in bet. Good also for sores, and cutaneous eruptions, salt rheum, scalt head, &c.

NERVE POWDERS.

My common nerve powders are the bark of the root of bitter sweet and the roots of the umbil or lady slipper in equal parts pulverized and well mixed. Dose—of the powder, half a teaspoonfull, for all affections of the nerves, and to cleanse the blood. This may be used in powder, tea or tincture, alone or combined with other medicines.

P

Preparations for the female syringe.

No. 1, is the canker tea made strong, and

as much hot drops as can be born without causing smart. This preparation may be used as much and as often as you please, with perfect safety; good in all cases of female weakness, prolapsus uteri, flowing, bearing down pains, &c.

No. 2. Take one pint of soft water and dissolve a piece of alum as big as a robins egg in it, to be made weaker or stronger as it can be borne without smart, to be used immediately after sexual connexion two or three syringes full, to prevent conception.

No. 3. Take one ounce of peruvian bark, steeped close covered till all the strength is out, and steeped down to a gill, strain it off from the bark and add one and a half pints of very strong decoction of white oak bark, and three gills of brandy, then dissolve as much alum in it as it will conveniently dissolve. — To be used for the same as the above, and to prevent miscarriage, for desperate cases, and saves the use of the truss in most cases.

No. 4. This is equal parts of canker tea, slippery elm and lobelia, with as much third preparation as can be borne. These may be used in tea, with a female syringe by the vagina, or in substance for a pessary. This preparation may be used for the same as the foregoing and for inflammation of the uterus, vagina or urethra in females.

PILLS.

Family Billious Pills.

Take equal parts of liver powders, gamboge, go quick, cayenne and colocyath, formed into a mass with butternut extract. Dose—from 3 to 6.

And formed into a mass with extract of mandrake and a little more gamboge added, makes a more thorough pill. Dose—from 1 to 4.

LAXATIVE BILLOUS PILLS.

Liver powders and cayenne formed into a mass with butternut extract. To regulate the bowels, prevent or obviate costiveness, strengthen the stomach, regulate the liver, and cleanse the blood. Dose—one or more, taken from once to three times a day, every day, or once in two or three days, as they prove laxative or not.

HYSTERIC PILLS.

Take equal parts of assafoetida, galbanum, myrrh, lobelia and cayenne, formed into a mass with the extract of motherwort. Good in all hysterical and nervous affections. Dose, from 1 to 3 pills, 2 or 3 times a day, or oftener if necessary.

PULMONARY OR LIVER PILLS.

Take equal parts of liver powders, lobelia

seeds, cayenne, bayberry and nerve powders, formed into a mass with the extract of white ash bark, popple bark, boneset or vervain.— In large doses for an emetic, or in small doses for the different complaints of the liver, obviating spasmodic or nervous weakness, regulating the tone of the stomach, preventing costiveness, exciting the appetite and expelling the faint torpid feeling and cold watery and sour stomach for indigestion or dyspepsia pain in the stomach, for the sick headache, coughs, colds, consumptions, fevers, inflammations, &c. A good sweating medicine.— Dose—from 1 to 6 in chronic cases, generally four times a day, that is, at meal times and on going to bed, which procures good sleep; but in acute diseases they may be given every hour, in doses sufficient to produce a perspiration.

PILE OINTMENT.

Boil the common buck eye in fair water long enough to cook the meats, then take out the meat and mix them with an equal quantity of fresh butter or lard, both pounded fine and well mixed. For external piles, wash the part with canker tea several times a day or as often as they come down and apply the ointment each time after washing. For internal piles, use the canker tea with a syringe and take the pulverized sunnack leaves in sale

molasses. Dose—of the powder, one teaspoonfull in two table spoonfull of sale molasses, 3 or 4 times a day.

PEACH TREE.—*Amygdalus Persica.*

The leaves of the common peach tree is an excellent cathartic for children; it frequently dispells worms; the meats or pits of the fruit are excellent in bitters, for a weak stomach, and general debility.

PEWTER.

The filings or raspings of pewter, taken in doses of one fourth of a teaspoonfull every half hour until four powders are taken, and in half an hour after taking the last powder, take a mild dose of physic, such as peach leaves in decoction, rhubarb or oil; this will prove a sovereign remedy for worms, and is perfectly safe, whether more or less is given.

PAIN EXTRACTOR.

Dissolve 3 ozs. gum elastic (India rubber) in one pint of soft oil by heat, then add 2 quarts spirits of turpentine warm, be careful not to burn, then infuse $\frac{1}{2}$ a pound of each lobelia seeds and cayenne pepper in one gallon of alcohol three days, add to this 4 ozs. of each oil hemlock and oraganum and one pound of castile soap, cut fine; all these add to the former, it is fit for use by shaking; good for internal

and external use, and is a universal pain extractor. Dose—internal, from $\frac{1}{2}$ to a teaspoonfull; external, bathe it in hot. This is one of the best applications for a burn, both to take out the fire and also to heal; good for all pains and sores.

PERUVIAN BARK.—*Cinchona.*

This is the bark from which quinine is made, and possesses all the properties of an active tonic, astringent, stimulant, &c.; and may be used for these purposes in almost all cases of sickness after the stomach is cleansed, it is an important article in one of the preparations for the female syringe to cure or prevent weakness, miscarriage, flowing, &c.

PENNYROYAL.—*The whole plant.*

This is a stimulating sweating medicine, it removes obstructions from colds, in females, is good to drink in all cases of colds, vomiting, &c.

PIUNKUM.

Called also nunk root, consumption root, war weed, female flowers, &c. This is an excellent styptic, to stop blood, and heal fresh wounds, strengthen weak females, regulates the menses, good in irregularities of young girls, to regulate the menses, strengthen the stomach, and may be used to good advantage.

in most diseases, especially of females. Good in consumptions, coughs, &c.

PIGWEEED.—*The ripe seeds.*

This is the common garden pigweed. The seeds ripe, and drank in tea strong, will stop vomiting, and is good for canker.

PUMPKIN AND WATERMELON SEEDS,

Broken and steeped in tea and drank freely, is a good diuretic, operates on the kidneys and urinary organs, it is very healing to internal soreness, especially of those organs.

Q

QUEEN OF THE MEADOW.

Eupatorium Purpureum.

Good in gravel, and all cases of disease attending the urinary organs, dropsies, &c.—The roots only are used.

R

RED RASPBERRY.

The leaves is good in all cases of canker bowels complaints, &c., to regulate travel pains, and prevent untimely pains, to wash foul ulcers in, &c.

RHUBARB.—*Rheum Palmatum.*

This is a very good, mild cathartic, in bowels complaints, costiveness, laxative bitters, &c.

The root of the common pie plant is equal to the imported rhubarb. Dose—a heaping teaspoonfull, repeated in four hours if it does not operate.

RED ARCHANGEL.

This is a grass like weed, grows about a foot high, on wet land, among wheat, &c., after harvest it will be found among the stubble on wet places, the whole plant looks red, has a fine branching top, it comes up in the spring and dies in the fall, but the stalk frequently stands up all winter; and by some is called rabbit weed, from the fondness of that animal of it. This herb drank in tea freely, is an excellent article in the flowing of females, and immoderate flow of the menses.

S

STICK WORT—*called also Cuckold Weed.*

THE WHOLE PLANT.

This plant may be used in tea or bitters, alone or with other medicines, to strengthen the uterine system, regulate the menses, and good against barrenness.

SAGE.

This is a well known garden plant and is used for cullinary purposes, but may be used to good advantage as a sweating medicine in any case of disease where sudorifics are indicated.

SPIRITS OR OIL OF TURPENTINE.

This oil is used mostly in linaments, ointments, salves, &c. It is good to rub on the neck to turn worms and is said to be good to cure the ague and fever; it is one of the ingredients of the celebrated Harlem oil.

SASSAFRAS.—*Laurus.*

The bark of the root.

Stimulating, alterative, diuretic, detergent, anti-scorbutic, &c. Good for rheumaties, scrofula and all eruptive diseases. The pith infused in rose water, makes an excellent eye water. This bark with an equal quantity of the bark from the root of bittersweet drank in tea constantly, cleanses the blood from all humors.

SMOOTH SUMACK.—*Rhus Glabra.*

For use, the bark, leaves and berries. This is well known. This is an excellent remedy for canker, in tea, tincture or powders, alone or combined with other medicines; good in bowel complaints, for sore mouth, gangrene, &c. A teaspoonfull of the powdered leaves taken 3 or 4 times a day in two table spoonfull of sale molasses is good for the piles.—The bark of the root simmered in fresh butter or lard is a good ointment for most kinds of sores; a tea of the leaves or bark make a good wash for sores internal or external, and a syr-

up of the berries makes an excellent beverage in most kinds of disease, especially fevers of the typhoid type.

SULPHUR.

This is a moderate laxative in teaspoonfull doses repeated several times and works in the blood, but is considerable griping, in small doses is a good anti-scorbutic, and destroys the effects of calomel in the system, and is good to work calomel out of the system; it promotes insensible perspiration and may be used in eruptive diseases to good advantage and with perfect safety. I always use it to destroy the effects of calomel, and work it out of the system. It also promotes the menses, removes costiveness, &c.

SAL SODA.

This is a good alkali for sour stomach, heartburn, &c., and is used with tartaric acid to make a grateful drink called soda water. — This is made by dissolving one half teaspoonfull of the soda and the acid in separate tumblers with sugar, to the taste, after they are well dissolved pour them together and drink quick while they effervesce.

SUT TEA.

This may also be used to correct a sour stomach, drink it freely,

STIMULATING LINAMENTS.

No. 1. Equal parts of third preparation, spirits of turpentine, oil of spike and oil of oraganum. These well shaken together and applied, relieves all pains, external, where the skin is not broken, headache, rheumatism, &c..

No. 2. Equal parts of the oils of wormwood, cedar, spike, amber, oraganum, and spirits of turpentine, added to twice the amount of alcohol, with 2 ozs. camphor gum dissolved in it to every 6 ounces of the linament. This is a good and powerful linament for all external applications.

No. 3. Put one quart of angle worms in a glass bottle, hang it in a warm place till it digests to oil, then add one half pint of spirits of turpentine and one ounce of nitre or salt peter. This is a good linament to discuss callous swellings.

SQUAW VINE,

Called also partridge berry, winter clover, one berry vine. &c. This drank in tea for some time before confinement, makes easy and quick delivery, regulates the pains, checks after pains, regulates the menses and is good for canker.

SAVIN,

In tea, or the essential oil, promotes the

menses. Dose—of the oil, from 5 to 10 drops 3 times a day.

SOUTHERN WOOD.

The same as the above and a good tonic in bitters.

STRENGTHENING PLASTER.

The black or rheumatic.

Take mullen and burdock leaves boiled, when the strength is out pour off the liquor and press out the juice and strain, then boil down to nearly the thickness of molasses, then add three parts rosin and one of turpentine, simmer them together till all the water is out, then pour it into cold water and work like wax, spread it on thin leather or thick cloth; the best strengthening plaster known for all purposes for which such plasters are used.

SUMMER SAVORY.

Stimulating, sweating and promotes the menses, child birth, &c.

T

TANZY

And mother time or thyme, possesses similar properties to the summer savory.

TAR SYRUP.

Boil one pint of tar, one quart of water and

one pound of loaf sugar together, till the sugar is dissolved, constantly stirring, then set it away to cool for 20 hours, then pour off the water and add one pint of lime water to it, made by pouring one quart of boiling water on one fourth pound of unslacked lime, stir it occasionally for an hour or two, then take from it the pint of lime water; a wine glass full of this syrup drank 3 or 4 times a day, sweetens the stomach and blood, is healing and strengthening, good in calomel sore mouth, canker, consumptions, affections of the kidneys, liver, nerves, &c.

U

UNICORN.—*The whole plant.*

This is one of the best medicines for females I know of, in all cases of weakness, immoderate flow of the menses, flour albus or whites, bearing down, prolapsus, &c.; a very good tonic, anti-spasmodic and moderate stimulating and canker medicine, and strengthens the uterine system powerfully.

UMBIL.—*Cypripedium Pubesceus.*

THE ROOT.

Called also lady slipper or shoe, nervine, &c. This medicine is a good nerve medicine, promotes sleep, eases spasms, strengthens the nerves,

cases of disease where there is spasms, weak nerves, or a lack of natural sleep.

V

VINE MAPLE,—*The root.*

This is an excellent tonic, and good for canker, and may be used in all cases of fever, to promote the appetite, secretion of bile, &c. A good diuretic and may be used for all the purposes of golden seal, to a good advantage.

W

WORMSEED.

The plant.

This is a vermifuge, stimulant, tonic, and diuretic. Its principle use is for worms, and the oil is used for the same purpose.

WHITE ASH.

The bark.

This is a mild laxative, tonic, detergent, and antidote for poisons, good in fevers, costiveness, indigestion, cutaneous diseases and other diseases of the blood.

WITZ OR WITCH HAZEL.

Hamamelis Virginiana.—*The leaves or bark.*

This is astringent, tonic, sedative, discu-

tient, and anti-phlogistic; good in canker, bowel complaints, female weakness, piles, bleeding from the stomach or lungs, for hemorrhages of all kinds, internal or external; in poultices good to discuss swellings, remove inflammation, for weak digestion, &c.

GLOSSARY,
OR
Medical Dictionary.

A

ABDOMEN, the belly.

Abscess, a tumour containing matter.

Absorbents, to correct acidity, and absorb or dry up.

Abortion, miscarriage, or the birth of the fœtus before it is full grown.

Acrid, sharp, corrosive.

Acute, violent, sensative, tending to quick termination.

Adult, grown up.

Afterbirth, placenta, the substance that encloses the child in the womb, connecting it with the mother.

Alcohol, rectified spirits of wine.

Alkali, any substance which mingled with acid will produce fermentation.

Anodyne, to ease pain.

Anti-phlogistic, counteracting inflammation.

Anti-septic, to correct putridity or rottenness.

Anti-spasmodic, to remove spasms.

Apperient, opening.

Anus, the fundament or lowest part of the bowels called the straight gut.

Aromatic, spicy, pungent.

Artery, a vessel conveying the blood from the heart to all parts of the body.

Astringent, to correct looseness, rough and puckery to the taste.

Adhesive, to stick.

Adipose, fatty.

Affusion, a fluid poured on.

Aliment, nourishment.

Alimentary canal, the whole passage from the mouth to the anus.

Alterative medicines, changes the secretions and excretions of the system so as to produce health without producing any sensible evacuation.

Anthelmintic, destroys worms.

Anti-scorbutic, a remedy for scurvy.

Abstinence, to let alone.

Anatomy, the doctrine of organized bodies, a skeleton.

Animalculea, minutely small living animals.

Analyze, to separate or test the nature of substances.

B

Bile or gall, a bitter fluid secreted from the blood by the liver in the gall bladder and thence discharged into the stomach to assist digestion.

Biennial, of two years duration.

Bifidus, forked.

Bifurcate, to divide into two branches.

Biliary, belonging to the bile.

Bilious, applied to those diseases which arise from too much secretion of the bile.

Bulbous, of a bulb like shape, like a turnip.

C

Calculus, gravel or stone in the kidney or bladder.

Callous, hard or firm.

Cantharides, medicines to dispel wind.

Caloric, heat.

Carious, rotten.

Carminatives, medicines to dispel wind.

Cataplastm, a plaster.

Cathartic, a purge.

Catheter, a pipe to draw off urine.

Cutaneous, belonging to the skin.

Chyle, a milky fluid, separated from the food in the intestines, to supply and form blood.

Constipation, obstruction, costiveness.

Chorea, St. Vitu's dance.

Congestion, a collection of ~~blood~~ ^{fluid} or ~~secret~~

Corroborants, ~~tonics~~ or strengthening medicines.

Chronic, slow, lingering.

Cuticle, the outward skin

Clitoris, in females, analagous to the penis in males.

Cavity, hollow inside.

Convex, like a heart.

Cicatrix, a scar.

Conception, has taken place when the ovum or egg has attached itself to the upper inside of the womb about forty hours after coition.

Coition, to come together.

Chilblains, sore and tenderness caused by nearly freezing.

D

Debility, weakness.

Decided, in a separation by boiling.

Decomposition, to separate.

Deobstruent, that which removes obstructions.

Deobstruent, relating to the blood.

Diaphoretic, to promote perspiration.

Diluents, to dilute or make thin.

Discontent, a repelling med. *inc.*

Disputatory, the composition and uses of medicines.

Diuretic, promotes the discharge of urine.

Drastic, powerful purgative.

Dyspeptic, bad digestion.

Debility, weakness.

Digest, to dissolve.

Dilating, to expand

Delivery to separate from.

E

Elastic, springy.

Emetic, that which excites vomiting.

Emenagogue, that which promotes the menses.

Emollient, softening.

Enema, a clyster or injection.

Eryspastic, a blister.

Errhine, that which excites sneezing.

Expectorant, that which removes mucus or matter from the lungs.

Externa, external outside.

Escharotic, caustic, corrosive.

Extract, decoction of any vegetable boiled down to a gum or the juice evaporated to a gum.

Exterior, outside.

F

Febrifuge, remedy for fevers.

Febrile, feverish.

Fetid, offensive smell.

Flatulent, windy.

Flooding, an overflow of the menses, a hemorrhage from the womb.

Fomentation, partial bathing, application of flannels dipped in liquors.

Friction, the act of rubbing.

Fungus, proud flesh.

Filter, to strain.

Fœtus, the child is so called in the womb from the fifth month till its birth. Previous to that it is called the embryo.

Fracture, a broken bone.

Fecundating, to impregnate, the life of the semen.

Fimbriated, small, thread like.

Flour albus or whites, a disease of females attended with a white or a phlegmy discharge from the vagina.

False conception, a substance of flesh conceived in the womb possessing no vital principle.

Florid, the determination of the blood to the surface.

G

Gangrene, beginning of mortification.

Gargle, a wash for the mouth.

Gland, secretory organ. The largest gland in the system is the liver.

Gall, the bile.

Gall bladder, a sack or bladder situated on the liver for the receptacle of the gall.

Gastric juice, a fluid separated by the stomach. It is the principal agent in that part of digestion by which the food is converted into chyme.

Generation, the principles upon which the species are perpetuated

Genital organs, the organs of generation, for to produce the species.

Glossary, a medical dictionary.

Gestation, act of carrying young.

H

Hectic, a consumptive fever accompanied by red spots on the cheeks.

Hemorrhage, a discharge of blood.

Hemorrhoids, the piles.

Hepatitis, inflammation of the liver.

Hydragogues, those cathartics which produce copious watery discharges from the bowels.

Hereditary, from parent to child.

Hermaphrodite, is one person possessing the capacity of being either father or mother.

Hymen, a mark of virginity, being a membrane or skin stretched across the passage at the outer end of the vagina.

Hysterics, a nervous disease, not depending on any other cause.

I

Infusion, steeping, as tea is made.

Intestines, the internal parts or guts.

Instinct, a natural principle by which we know without being learned.

L

Lacteals, vessels to convey the chyle,

Laxatives, to relieve costiveness.

Lotion, a wash.

Laternal, the side.

Leech, a genus of insects.

Lithontriptic, medicine that has the power to dissolve stone in the bladder.

Labia externa, the external prominences or lips that are on either side of the passage that leads to the womb.

M

Membrane, a web of fibres interwoven, for covering certain parts.

Menses, the monthly courses.

Mucilage, a slimy substance.

Mucus, resembling the matter discharged from the nose.

Miscarry, the loss of the embryo or birth of the foetus before its full time, or when it cannot live.

Meconium, the substance in the bowels of the infant at birth.

N

Narcotics, lessens the action of the heart and arteries, poison.

Nausea, an inclination to vomit.

Nervous, irritable.

Neurology, the doctrine of the nerves.

Nosology, the doctrine of the names of disease.

O

Opiates, medicines which promote sleep

- Obstetrics, midwifery.
 Ossification, the formation of bone.
 Osteology, the doctrine of bones.
 Ovum, an egg.
 Os-pubis, the prominence over the share bone
 at the upper extremity of the labia externa.
 Orifice, a small opening.
 Onanism, solitary gratification.

P

- Pectoral, medicines adapted to cure diseases
 in the breast.
 Pelvis, the circular basin or cavity at the lower
 part of the trunk of the body.
 Phlogistic, inflammatory.
 Placenta, the afterbirth.
 Pulmonary, belonging to the lungs.
 Parturition, the expulsion or birth of the fœtus
 from the uterus.
 Pathology, the doctrine of diseases.
 Perspiration, sweat.
 Pharmacy, the art of preparing remedies for
 the treatment of diseases.
 Phtisis, pulmonary consumption.
 Physiology, the laws of life.
 Posterior, behind.
 Prolapsus, slip down.
 Prolapsus Uteri, falling or slipping down of
 the womb.
 Puberty, age of maturity.
 Protuberant, sticking out.

Pessary, an instrument placed in the vagina to keep the womb up to its place.

Q

Quickening, the first vital principle of life of the child in the womb.

R

Rectum, the lower extremity of the bowels, the straight gut.

S

Saliva, spittle.

Scorbutic, belonging to the scurvy.

Scrofulous, king's evil.

Semen, the seed.

Spine, the back bone.

Styptic, to stop blood.

Stomachics, for the stomach, corroborants.

Stimulant, warm, hot or irritative medicines.

Sudorific, sweating medicines.

Sialagogues, medicines to excite the saliva.

Sterility, barrenness in women.

Stranguary, a difficulty of passing urine.

Shave bone, forms a half circle around the fore part of the pelvis.

Septum, perfectly closed up.

Superfœtation, is the impregnation of a woman while she is pregnant.

T

Tonic, bracing and strengthening to the digestive organs.

Therapeutics, the principles of medicine in the cure of disease.

U

Umbilical **cord** or naval string, the cord that unites the placenta to the child in the womb.

Urethra, the canal through which the urine passes.

Uterus, the womb.

Urine, secreted by the kidneys in the bladder

V

Vagina, the passage to the womb.

Vermifuge, worm dispelling medicines.

APPENDIX.

I have compiled from various Authors and Periodicals the principal part of the following
APPENDIX.

RECIPES.

PLEASANT OR REGULATING BITTERS.—Equal parts of poplar and bayberry bark, and a little ginger; put 1 oz. in a quart of spirits. Dose—
one-half a wine glass full three or four times a day.

RHEUMATIC PLASTER.—Add lobelia and cayenne to the common strengthening plaster.

VEGETABLE OR PLEASANT COMPOSITION.—Omit the bayberry in the common composition and add spice, prickly ash, berries, cinnamon, nutmegs and white root. This is a very pleasant and strengthening drink prepared as other composition.

HOT BITTERS.—Add to the regulating bitters, cayenne and prickly ash berries.

WINE BITTERS.—Equal parts of golden seal, nerve powder and bitter root, all finely pulverized and mixed; 4 ozs. of this steeped in one quart of water; to this add 2 quarts of wine and 1 oz. cayenne, then fit for use—pleasant and strengthening.

FOR 1² PINTS OF LAXATIVE BITTERS.—Equal parts of maple bark, white root, quaking asp bark, lobelia herb, blood root, cucumber compound and skunk cabbage; 2 ozs. of this compound make one paper. Good to cleanse the blood from all superfluous humors, restore the digestive organs, liver &c., to a healthy action, and is a great restorative to the whole system, and is the best remedy known for working cancer out of the system; one paper may be steeped in a pint of hot water, and hold a pint of liquor with it to preserve it.

Dose—a wine glass full four or five times a day.

VEGETABLE SALTS, to put under the nose to keep from fainting.—1 oz. sal ammoniac, 2 oz. pearl ash, pound each separate, mix well, damp with spirits or essence, close stoppled, only when using.

FEMALE MIXTURE, to regulate the menses.—Root ginger and saffron flowers, of each 1 oz., a double handful of white ash bark from the roots, a double handful of tops and roots of

blue vervain, a small handful of blue cohosh roots, to be taken in powder, tea, tincture or syrup. Dose—of powder $\frac{1}{4}$ teaspoonfull in 2 quarts of tincture with cider or spirits, a table spoonfull may be taken from 4 to 8 times a day.

SALT RHEUM OINTMENT.—1 oz. quick silver, 1 oz. aquafortis (nitric acid,) these mixed in an open vessel till the quick silver disappears, then mix well $\frac{1}{2}$ lb. hogs lard previously melted; anoint the affected part till cured—a sovereign remedy.

GERMAN TINCTURE.—One lb. gum guac, 4 ounces oil of hemlock and 4 do. gum, 1 oz. oil of anise and one gallon alcohol; pulverize the gum, put all together, shake them 3 or 4 times a day for 10 days, then fit for use; good for healing internal or external; a good strengthening medicine. Dose—a teaspoon full.

ANTI-FEVER PILLS OR DROPS.—A sovereign remedy for fever and ague or chill fever, if the stomach is cleansed, also good in all cases of debility. They may be taken through fever chill or sweating stages, 40 grs. quinine, 30 do. liquorice, 10 do. of myrrh, a few drops of the oil of sassafras, pulverized and mixed, formed into 40 pills with molasses, or add spirits to make drops. Dose—one pill every hour for 24 hours, with 2 or 3 doses a day

after, for a few days; be careful on the 2d, 7th and 14th days; cleanse the stomach well and it is a sure cure, never known to fail.

COUGH CANDY.—One part elecampane, one do. horehound, 2 do. sarsaparilla, 3 do. spike-nard, 4 do. comfrey, boil out the strength, strain, press out the juice and boil to extract, then pour it on a smooth, cold, wet stone, to candy it. This is a good medicine for a cough; you may add any medicine that it does not injure, to boil and prepare in the same way.—The blue flag and adder tongue are excellent for coughs.

BEST LINAMENT TO CURE THE SPINAL AFFECTION.—One oz. aquafortis, 2 ozs. oil of vitriol, 1 oz. mercury (quick silver,) put them in a vessel together that can be covered tight with a board or wet cloth, so as to put it out if it takes fire, and stir it till it will not burn cloth, cover it if it takes fire till it is put out, then add half a pint spirits of turpentine and half pint sweet oil, stir it well, then fit for use. Bathe it on the back as hot as it can be borne.

QUEEN VICTORIA'S TOOTH POWDER.—Four drachms armenian bole, 2 do. borate of soda, 2 do. myrrh, 1 oz. prepared chalk, all pulverized and well mixed, fit for use.

BEST PAIN EXTRACTOR—*for internal or external use.*—To heal, allay spasms, a good

alterative in chronic disease, consumptions, &c.; a good sweating medicine in fevers, inflammations and all cases of obstructed perspiration.

Dissolve 3 ozs. gum elastic (India rubber) in 1 pint of animal oil by heat, then take 2 quarts spirits of turpentine, 1 gallon alcohol, put into them $\frac{1}{2}$ pound lobelia seeds, 1 pound cayenne, 4 ozs. oil hemlock, 4 do. origanum, and 1 pound castile soap, add all these to the former, warm not hot, shake well, fit for use. This is a universal application for sores, old or new, cures corns and callous swellings.

VALUABLE PORTABLE BEER.—One pint of strong beer or hop water, 1 pint of molasses, 2 pounds brown sugar, 6 ozs. tartaric acid, 6 eggs beaten to a foam, stir the whole together and boil 3 minutes, let it cool, then bottle for use. This will make 100 glasses.

Put one table spoon full in a tumbler two-thirds full of water, stir into this $\frac{1}{2}$ teaspoonfull of salt-salt.

Medicated beer can be made in the same way with any vegetable barks or roots that does not disagree by boiling. Such as cough medicine, laxative medicine, tonics, female irritatives, detergents, diuretics, emmenagogue, &c. &c.

VEGETABLE ELLIXIR.—Gum myrrh and balsam gilead buds fractured in high wine, alcohol or

brandy, (cotton wood buds will do.) This is good for pain in the head, debility of the stomach, cough, &c. Dose—1 teaspoonfull 3 or 4 times a day or oftener in urgent cases. For pain in the head it may be rubed on the head, or snuffed up the nose.

PUNGENT POWDERS.—Add poplar bark to the common composition powder. These are good for coughs, weak digestion, worms, a good restorative after a course of medicine and in all cases where composition is used this is preferable.

DR. VERRER'S INDIAN RECIPES.

Indian Emmenagogue.—Angelica root, cat-ver's physic, or rhu. saffron, lobelia, Seneca root, each in an equal quantity; make an infusion of bark in a half to a quart of the wine of rhu. or give the decoction by a glass of beer or stout. Cat-ver's physic is given over table water.

Indian Remedy against Lazen.—Make a strong decoction of pappoose or blue cohosh root, and take about 20 grains of pulverized both root or carbuncle: give the powder in about half a teaspoonfull of the decoction; to be repeated if necessary in four or five hours.

Another Indian Emmenagogue.—Pappoose, blood root, cat's foot, savin, Jerusalem oak, all finely pulverized, each equal; to be given,

one teaspoonfull of the powder, in a strong infusion of maidenhair mugwort, and featherfew. In urgent cases to be taken 2 or 3 times a day; in ordinary cases, one dose every night.

INDIAN REMEDY FOR THE IMMODERATE FLOW OF THE MENSES.—Equal parts of red alder bark, yarrow, mullen, crowfoot and one-half part of beth root; make a tea and drink when cold a teacupfull every 2, 3 or 4 hours as the case may require. Apply flannel cloths dipped in vinegar, on the lower part of the bowels. Or, equal parts of finely pulverized beth root and crow foot, one teaspoonfull in a cup of yarrow tea every hour.

OBSTRUCTED MENSES.—Dr. Beech says he has cured a patient of this complaint, by giving the white pine turpentine in wine. One ounce of the gum to one pint of Malaga wine. Dose—half a wine glass 3 or 4 times a day. Mustard plasters should be applied to the feet at the same time.

FOR OBSTINATE OBSTRUCTIONS, those that resist the common treatment, I sometimes give a decoction of the common madder; this is a powerful emenagogue, it may be used where milder means fail, but the advice of a physician should generally be had before using it, as it may induce female weakness, if proper means are not used to prevent it.

FEMALE RESTORATIVE.—Take 2 lbs. poplar, 1 lb. unicorn, 8 ozs. beth root and nerve powder, 4 ozs. each, golden seal, balmony, box-wood flowers and myrrh, 2 ozs. each, cinnamon, cloves and cayenne, well pulverized, mixed and sifted—to which add loaf sugar, pulverized, 4 lbs. Dose—One teaspoonful in warm water, with milk and sugar. This is good for flour albus, prolapsus uteri and any female weakness. It is a good tonic in any case; good in pulmonary consumption, dyspepsia; for coughs and bleeding at the lungs. Or, 2 ozs. of the powder may be steeped in a pint of water, when cool, add 1 quart of wine and 4 oz. sugar. Dose—a wine glass, three times a day.

THE OIL OF CAYENNE may be obtained by tincturing it in ether and let it evaporate by being left open. Good to bathe with, the essence may be taken.

A CURE FOR THE GRAVEL.—About twenty seven years ago (says a correspondent of the Liverpool (Eng.) Courier,) I was afflicted with the gravel, and twice in serious danger from small stones lodging in the passage. I met with a gentleman, who had been in my situation, and had got rid of that bad disorder, by sweetening his tea with half honey and half sugar. I adopted this remedy, and found it effectual. After being fully clear of my dis-

ease, for about ten years, I declined taking honey, and in about three months I had a violent fit of my old complaint: I then renewed the practice of taking honey in my tea, and have not for the last seven years, had the least symptoms of gravel. I have recommended my prescription, to many of my acquaintances, and have never known it to fail.

A Cure for Burns in Horses. *Sovereign*
remedy.—As soon as you ascertain that bots
are eating the raw of the burn, pour one pint
of linseed oil down him, and it does not help
him in one hour or less, catch him down
on his back, and give him another pint of the
same, hold him on his back one hour, and
you have poured down the oil. This remedy
was never known to fail, if administered be-
fore the bots eat through.

How to make Oculumus -- One pint of alcohol, two ounces half an ounce of each, an oz. camphor and one ounce of rosemary, one drachm oil of orange, two drachms of aniseeds, one drachm of strong heat and filter it off paper. The better way is to put the alcohol and the soap cut fine with the camphor, in a strong black bottle; put the cork in loosely, and set it in a kettle of cold water, and heat it gradually till the soap and camphor are dissolved, when it is cooked a little, add the rosemary, orange and salamoniac; let it

stand where it will keep warm, till it settles, before it congeals, pour it off carefully from the sediment; and it will be as clear as if filtered. To add a drachm of the oil of almonds, is an improvement—sixty drops is a drachm.

TO MAKE COLLAGEN.—Take of alcohol one pint, two ounces sea-trine albes added, let it stand four days, shaking occasionally, then settle, pour off the liquid clear, then add two ounces of water, seven ounces, or three times pour off the essential oil, and pour off the molasses or honey, then to every ounce of alcohol add ten grains quinine, this is equal to the fluid collagen, is a good medicine, and will sometimes remove disease of the stomach, but the best way is to cleanse the stomach with a vegetable cathartic before using. Dose in ordinary cases, where the stomach is cleansed a teaspoonful may be taken from two to four times a day. But if you depend on the collagen to cleanse the system, take enough to operate as a cathartic, then, as in all cases, take no more than you can bear without producing much laxative effects, but by far the best way is to cleanse the stomach thoroughly as before directed.

TO CURE RING BONE ON HORSES.—Take one quart of common red angle worms, put them in a glass bottle, hang them in a warm place,

corked till they digest to oil, which will be in a few days, then add half a pint spirits turpentine, and one ounce nitre, (salt petre,) after these are well mixed let the horse run on a grass plot without use four weeks, (the time necessary to cure,) applying the oil twice every day as follows: tie up the horse so that he cannot bite his foot, for half an hour after the application, take up the foot and pour about a teaspoonfull of this compound into the hollow on the back part just above the hoof, and hold the foot up long enough to let it soak in, and till it runs around the foot, this is enough to cure one ring bone.

CURE FOR THE BLOODY MURRIEN IN CATTLE.—Take one dose, two ounces lobelia seed, two ounces aloes, two ounces cayenne, two ounces of bayberry, all pulverized, put to this one pint of spirits, shake it up, and pour it down them, this dose should be repeated every hour or two, till the physic operates, then give the others, omitting the aloes, two or three times a day for two or three days after. A sovereign remedy if taken in season, good also for the dry murrien, good for colds in horses, horse distempers, hog distempers, rot among sheep, but should not be given in as large doses to hogs or sheep, nor as frequent doses to cattle and horses only in the murrien or other violent attacks of disease; the thor-

oughness of the course to be pursued, is as the severity of the attack, it may be given from once a day, to once an hour, according to the urgency of the case

POISON COUNTERACTED BY SUGAR.—“We have preserved, in the Royal Cabinet at Paris,” (says St. Pierre) “arrows more formidable than those of Hercules, though dipped in the blood of the snake of Lerna. Their points are impregnated with the juice of a plant so venomous, that, though exposed to the air for many years, they can, with the slightest puncture, destroy the most robust of animals in a few minutes. The blood of the creature, be the wound ever so trifling, instantly congeals. But if the patient, at the same instant, is made to swallow a small quantity of sugar, the circulation is immediately restored. Both the poison and the antidote have been discovered by the savages who inhabit the banks of the Amazon.”

By this simple means the blood is put in circulation.

This proves that it does not take poison to kill poison.

It might be interesting to know whether sugar would not act well in some cases of congestion.

COLD WATER AND WARM FLANNELS.—The Boston Medical Journal, on the approach of

cold weather, advised every body to 'put on your flannels.' Per contra, an exchange says:—

Dox't. A writer in the *Hartford Times* has thrown off his flannels and his rheumatism at once, and has found health in the Jeffersonian practice of cold bathing. Two years ago he says, I found my strength wasting under a succession of severe colds and protracted coughs. No sooner had I succeeded in curing one, than the first change of weather cold and another. Finally there was not a fortnight in the winter of 1844, in which I was free from a cold. A friend advised me to try cold bathing, and I resorted to it at once, and I applied a cold bath of water, from the waist every morning. In two weeks of time I became stronger, and my colds left me.

It has never returned. But I am careful to apply the cold water every morning, and it is now a luxury. I often expose myself, getting first wet, &c., but I never take cold, nor have I seen a sick day from the time I commenced my daily cold baths.

FOR MAKING A CEMENT FOR CISTERNS.—Take two parts ashes, three parts clay, and one part sand, mix these with oil, and it will make a cement as hard as marble, and water will never penetrate through it.

KIND OF OILS.—This noted oil is common.

Is known by the name of Musson's oil, and made in the following manner:

Rock salt 2 ounces, green coperas 2 ounces, white vitriol 2 ounces, linseed oil 2 ounces, sale molasses 8 ounces.

Boil these ingredients in a pint of chamber ley, over a slow fire, a quarter of an hour: when almost cold, add to it one ounce of the oil of vitriol, and four ounces spirits of turpentine, and after being well shaken together, it is fit for use.

This oil is good for rheumatism, lameness, sprains, bruises and local inflammation, either in man or beast. The part affected should be anointed or bathed in hot.

HYGIAN PILLS MADE BY MORRISON.—No. 1 pills, are equal parts of aloe and cream tartar, formed into a mass with molasses.

No. 2, are aloe, cream tartar, gamboge and collynth, formed into a mass with molasses. These are the genuine Hygien Pills which have been so celebrated in this country, for the cure of almost every disease.

INDIAN CURE FOR FEVER.—Dr. Bayard received a letter from Wm. Penn, as follows:—
“As I find the Indians upon the continent more incident to fevers than any other distempers, so they rarely fail to cure them by great sweatings, and immediately plunging themselves into cold water, which they say is the only way

to cure colds. I once saw an instance of it with several more in company. Being upon a discovery in the back part of the country, I called upon an Indian of note, whose name was Tennougham, the captain general of the clans of Indians in those parts. I found him ill of a fever, his head and limbs much affected with pain, and at the same time his wife preparing a bagnio for him. The bagnio resembled a large oven, into which he crept by a door on the one side, while she put several hot stones in a small door on the other side thereof, and then fastened the doors as closely from the air as she could. Now while he was sweating in his bagino, his wife (for they disdained no service) was with an axe, cutting her husband a passage into the river, (being the winter of 1683, the great frost, and the ice being thick,) in order to the immersing himself after he should come out the bath. In less than half an hour, he was in so great a sweat, that when he came out he was as wet as if he had come out of a river, and the reek and steam of his body so thick, that it was hard to discern any body's face that stood near him. In this condition, stark naked, a body cloth only excepted, he ran to the river, which was about twenty paces, and ducked himself twice or thrice therein, and so returned, passing only through his bagino, to mitigate the the immense stroke of the cold, to his own

house, perhaps twenty paces further, and wrapping himself in his woolen mantle, laying down at his length, near a long but gentle fire, in the middle of his wigwam, or house, turning himself several times till dry, and then he rose and fell to getting us our dinner, seeming to be as easy and as well in health as at any other time.

I am well assured that the Indians wash their infants in cold water as soon as born, in all seasons of the year.'

WHOOPING COUGH.—We are indebted to Mr. J. N. Brown, of our city, says the Baton Rouge Gazette, for the following receipt, which has been very successfully used in his family as a remedy for the whooping cough:

Equal portions of linseed oil, honey and New England rum, mixed together, give one table spoonfull every time the patient coughs—effects a cure in a few days.

BITTERS FOR JAUNDICE.—Take of sheep sorrel leaves, *kalma latifolia*; prickly ash bark, *zanthox. frax.*; wild cherry bark, *prunus virg.*; blood root, *sang. canad.*; bayberry bark, *berberis vulg.*—of each pulveriezd, one ounce.—Pour on four quarts of good gin, or other liquor, and let it stand fourteen days. Dose—from a teaspoonfull to a table spoonfull, three or four times a day.

RHEUMATIC PILL.—Take of resin of black

cohus, do. of blue flag, pulv. gum guaiac—of each one ounce; inspissated juice of polk, enough to form a pill mass by mixing together. Divide into three grain pills, of which two or three are to be taken three times a day. With these pills the following decoction may be drank in dose of a wine-glass full three or four times a day; take equal parts of sassafras, pinesaw and prickly ash bark—make a decoction, to every pint of which add half a drachm of hy. carbonate of potass.

VALUABLE RECEIPTS.

The following receipts which we copy from the *Thompsonian Journal*, are from the pen of A. C. Logan, M. D., a distinguished physician. It has been justly remarked, in purport, by Dr. Curtis, that secrecy is the only important ingredient left out. They are well worth reading and preserving:

Stimulating Embracation for Contracted Sinews, &c.

Oil Monarda, (horsemint,)	2 ozs.
Sassafras,	3
Wormwood,	1½
Turpentine,	3
Neat-foot,	3
Gum Camphor,	3
Mix.	

Opodeldoc, (superior to that of the shops as it contains several essential oils which the shop preparation does not.)

RECIPE TWO.

White Spanish Soap, shaved in very thin flakes,	10 ozs.
Gum Camphor,	2
Oil Origanum,	4 drs.
Amber,	4
Rosemary,	1 ozs.
Monarda,	4 drs.
Sassafras,	4
Wormwood,	2
Aqua Ammonia,	2
Alcohol,	2 qts.

Mix—put in sand heat, shaking it frequently; or set it in the sun from five to eight days in the summer.

Stimulating oil and embrocation for Paralysis, Rheumatism, &c. (The oil must be used first, then embrocation.)

OIL.

Oil British,	24 ozs.
Amber,	4
Spike,	6
Olive,	4
Tincture Capsicum,	2

These articles to be diluted one-half with neatsfoot oil when used.

EMEROCATION.

Oil Hemlock,	2½ ozs.
Winter-green,	1½

Cinnamon,	1½
Origanum,	5

Mix.—These articles to be diluted one-half with whiskey when used.

Embrocation for Sprains, Lumbago, Rheumatism, &c.

Pulverized Sal Almoniac,	1 oz.
Spirits Hartshorn,	4 drs.
Lavender, (or better) oil spike,	4
Oil Turpentine,	½ pint.
Mix.	

Bleeding of the Nose.

Pulverized Bloodroot,	14 ozs.
Gum Arabic,	2½ drs,
Chatechu,	1
Pulverized Aleppo Galls,	½

Mix.—Snuff a small pinch, or blow into the nose slightly with a quill.

Tonic and Alterative Pills.

Pulverized Green Lobelia,	1 tea-spoon.
Nerve Powder,	1
No. 2,	¼
Gum Myrrh,	½

Add No. 6, and make into pills with Gum Arabic.

Tonic Pills.

Capsicum,	½ dr.
Ginger,	2
Rhubarb,	½

Extract Gentain, 2

Mix and make into 150 pills.

Red bud leaves (or Judas tree) may be used for canker when No. 3. cannot be had.

Styptic.

Fourth proof brandy, 2 ozs.

Castile soap, 2 drs.

Potash, [not pearlish,] 1

Dissolve the soap in the brandy warm, then add the potash and shake it well; when used for a wound or a bleeding gum, warm it, and dip lint into it, and apply it to the wound.

Cure for Blindness from Gutta Serena.

Take best capsicum one grain, infuse in a wine-glass of distilled water, let it stand 24 hours, and then filter it; and lay the patient on the back and wash the eyes several times a day until cured.

Asthma, [Practice.]

Give composition, nervine, No. 2 and No. 4, in bed, with hot bricks to the body and feet; when in a free perspiration, give a teaspoonfull of the second preparation of No. 1 every ten or fifteen minutes until emesis or relieved.

For fresh Cuts and Burns.

Take the fresh leaves of the common snap or French bean, rub them soft, and apply to

the wound: they will heal in a very short time, without pain or inflammation.

Polypus of the Nose

Take bloodroot, dried and pulverized, and bloodwort, [*Hieracium venosum*,] the same, of each one teaspoonfull of pulverized alum; if the complaint is recent and not severe, one-fourth of a tea-spoonfull will suffice.— This mixture to be taken as snuff, four pinches a day.

Cure of Quinsy.

Take one teaspoonfull of the best capsicum, add one table-spoonfull of water, and gargle the throat with it as long as the inflammation continues, at the same time use a dose of bitterroot a teaspoonful, 15 hours apart, 3 times.

Infusion of hops, kercuma and life everlasting: an excellent wash for ulcers and eruptions on the skin.

The May apple root, bruised, will act immediately as a styptic for external bleedings.

Solomon's seal, the species that has seed on the end of the stalk [*convallaria*, *stellata*, *vel trifolia*, *vel racemosa*.] The root bruised, an excellent application for fresh cuts and swelled legs.

Sculleap [*Scutellaria Hyssopifolia*.] Infusion of the leaves, strong, an excellent nervine, useful particularly in tic douloureux.— Mix with molasses, a gill is a dose.

To stop bleeding of the Nose.

Make a strong decoction of witch hazle leaves and bryberry root bark, and add No. 6. Drink and inject the same up the nose.

A plaster of Balsam Fir will immediately heal bad wounds.

For a settled Cold in the Face.

Wormwood and hops, stewed in vinegar and to be a little thickened with bran or Indian meal.

Diarrhoea.

Yarrow, made in oil, pedice, is an excellent remedy in this case, used by the Indians.

Emery.

Equal quantities of the Peckell and King's Emery, mixed with oil, and rub the part.

Myrrour or sand-wood. In powder or decoction much used in the flux of gravel; an infusion, in general, will enable the patient to pass cutaneous gravel with much ease.

To prove the soundness of the lungs. Let the patient draw in a full breath, and then begin to count as far as he can, slowly and audibly, without again inhaling the lungs. The number of seconds he can continue, is then to be carefully noted. In confirmed consumption, the time does not exceed eight, and is often less than six seconds. In pleurisy and pneumonia, it ranges from nine to four seconds. But, when the lungs are sound the

time will range as high as from twenty to thirty seconds.

HOW TO RESTORE FROZEN PLANTS.—If you have ever had the misfortune to have your parlor window favorites frozen stiff, when you paid your devoir to them in the morning, you will appreciate, and thank an unknown friend for the following recipe, for preserving tender plants from the effects of frost, and restoring them after they have been frozen. Before you allow them to feel the effects of fire, plunge the whole or as much of the frozen plant as is practicable, into cold water, and keep it in until it has thawed, which will easily be known by its becoming flaccid; then place it where it will warm gradually, as sudden heat will cause it to die. So treated the most hardy will recover immediately—others will lose their leaves, or even die down to the ground—and some are so tender that the slightest frost will kill them; but generally they will put forth with fresh vigor after a season of rest, and gratefully repay your care. Water sparingly until the leaf buds are well grown, increasing the quantity when they expand.

OPHTHALMIA SALVE.—Take of hog's lard 3 oz., white wax $\frac{1}{2}$ oz., lobelia herb $\frac{1}{2}$ oz., bayberry $\frac{1}{2}$ oz., camphor dissolved in olive oil 1 dr. Melt the first two articles, and stir in the

others finely pulverized. Simmer for a while, and then strain. When cold, apply the salve to the eye-lids, and work it in upon the conjunctiva, once or twice daily. This has cured scrofulous sore eyes of long standing, and after ordinary eye-salves, applied for a year or more, have failed.

DIURETIC ELECTUARY.—Mix finely pulverized egg-shells with honey. Dose—one table-spoonfull every morning. Useful in venereal and urinary disease, especially in removing gravel.

BATHING.

Bathing has been practiced both as a means of prevention against disease and a curative resource, from time immemorial; and yet much error prevails, among learned and unlearned, concerning this simple, yet powerful remedial means.

It is believed very generally at this day, that the practice of cold bathing, when the body is bedewed with perspiration, is dangerous, and that numbers of persons, every summer, lose their lives by this means. But the true fact is, that the danger in such cases is owing to the *fatigue* present, and not to perspiration checked. The ancient Romans were in the habit of often passing from their sudatorium, or sweating, to the cold bath. The Russians for centuries have been accustomed to go, while in a state of reeking sweat, to a cold

immersion, or to roll in the snow. So, also, in this way, the Indians of our own country accomplish, in a multitude of cases of rheumatism, fevers, &c., what could not be with any amount of drugs, and the lancet besides.

Because of the erroneous notions alluded to, great and oft repeated mistakes have been made in the treatment of fevers attended with high heat. It was found dangerous to bathe in cold water under certain circumstances, as when persons had become heated and fatigued from exercise in a hot day; therefore, whenever the system becomes heated in fever, no cold water can safely be used, it is supposed. In consequence of this wide-spread delusion, thousands upon thousands have lost their lives, and all for the want of a judicious use of the simple and abundant agent, water.

CAUTIONS.—Two or three cautions, then, we may give to direct in the use of the cold bath: 1st, that the system always be sufficiently warm at the time the bath is taken; since, in fact, other things being favorable, the more heat there is, the more favorable the action of the bath; and 2d, that the bath never be prolonged to an extent that the system may not readily take on a natural and comfortable state of heat after it is taken.

WARM BATHS.—Bathing in water moderately warm, is often very serviceable for the

old and infirm, for the weak of any age, and for persons in great fatigue.

The Rev. John Wesley gives the following prescriptions.

FOR ASTHMA.—Take a pint of cold water every morning, washing the head in cold water immediately after, and using the cold bath.

RICKETS IN CHILDREN.—Dip them in cold water every morning.

TO PREVENT APOPLEXY.—Use the cold water bath, and drink only cold water.

AGUE.—Go into cold water bath just before the chill.

CANCER IN THE BREAST.—Use the cold bath. This cured Mrs. Bates, of Leicestershire, of a cancer in the breast, a sciatica, and rheumatism, which she had nearly twenty years. N. B.—Generally, where cold bathing is necessary to cure any disease, water drinking is so to prevent a relapse.

HYSTERIC COLIC.—Mrs. Watts, by using the cold bath two-and-twenty times in a month, was entirely cured of a hysteric colic, fits, and convulsive motions, continual sweatings and vomitings, wandering pains in her limbs and head, and total loss of appetite.

TO PREVENT THE ILL EFFECTS OF COLD.—The moment a person gets into the house, with his hands and feet quite chilled, let him put them into a vessel of water, as cold as can be got, and hold them there until they

begin to glow; this they will do in a minute or two. This method likewise effectually prevents chilblains.

CONSUMPTION.—Cold bathing has cured many consumptions.

CONVULSIONS.—Use the cold bath.

“Mr. Wesley, in this little work, prescribes for almost every complaint: and the reader of it will be struck with the great similarity of his treatment with that which is recommended in Hydropathy; for, in the majority of cases, he recommends the use of that element which we are so strongly contending for, namely, cold water.”

COMMON EMETIC POWDER.

Ipecac . . . 4 oz.

Lobelia . . . 4 “

Blood Root 2 “

Pulverize separately. Mix.

Dose—Give a teaspoonful every 15 minutes until it operates. Warm herb teas facilitate its operation. This emetic is one of the best for efficacy of action.

PALMER'S EMETIC.—Take Skunk Cabbage, (*Ictoda Fœtida*) 1 oz.; Blood Root, (*Sang. Can.*) 2 oz.; Ipecac 4 oz.; Lobelia Inflata 4 oz. The skunk cabbage prevents any unpleasant spasm—boneset tea facilitates the operation.

EMETIC TINCTURE.—Take common Emetic Powders, 3 oz.: spirits 1 pint. Dose—From 1 to 3 tea spoonfuls every twenty minutes until vomiting takes place.

J. H. P.

COMMON CATHARTIC.—Jalap 1 lb.; Alexandria Senna 2 lbs.; Cloves 2 oz. Pulverize, mix, and pass through a fine seive. Dose—a drachm (about a teaspoonful.) It should be added to a gill of boiling water, sweeten with loaf sugar, and drink when cool. It combines power with mildness of action, and is one of the best general purgatives now known.

AGUE BITTERS.—Take Quinine, 30 grs.; Cream Tartar, 1 oz.; Cloves, (pulverized,) 1 oz.; whiskey, 1 pint.: mix and let it stand 24 hours, when it is fit for use. Dose, 1 tablespoonful every hour during the intermission, until two or three hours previous to the time for the return of the chill, when it should be given once in half an hour, and the patient (at this time) kept warm in bed, taking some warm sweating teas, as catnip, peppermint, pennyroyal, &c. This should be continued until two or three hours after the time for the chill to have passed off.

This preparation, though it has been used by us for many years, and by some other Reformers, yet it has not been generally known.

Believing it to be *one* of the most important, if not the very best tonic anti-periodic article now in use among any class of practitioners, we have introduced it here. We have used it as before remarked, with the very best success for many years, and have never found any preparation or article so uniformly certain to prevent the return of the chill, and effect a permanent cure.

The peculiar virtue of this combination consists in the power it possesses of preventing a relapse on the 7th, or 14th day, which is very apt to be the case when Quinine is used alone, as well as with many other modes of stopping the chill. This effect we believe to be, to a great extent, owing to the stimulus of the cloves and spirits, and the gentle laxative of the Cream Tartar. While the powerful aromatic stimulus prevents the Quinine from producing the disagreeable effects that frequently follow its use when given alone, the Cream Tartar prevents its constipating effects upon the bowels and leaves the patient in a natural and healthy condition.

The use of the bitters should be continued for three or four days, during the forenoon of each day, after the chill has been stopped; to be taken at longer intervals, say once in two hours. The patient should take an active cathartic the day previous to commencing with the Bitters. This preparation is a useful *Tonic* in all intermittents.

BLEEDING AT THE LUNGS.—Take of the Saturated Alcoholic Tincture of *Sanguinaria Canadensis*, 4 oz.; Tincture of *Macrotys Racemosa*, 4 oz.; Tincture of *Phytolacca Decandra*, 1 oz.

Mix, and take one teaspoonful, every two hours through the day. This is a valuable alterative and expectorant, and seems to exert a specific influence on the Lungs, opening the respiratory passages and rendering the breathing easier, diminishing the frequency of the pulse, and general excitability of the system. Experience has proved this to be a most valuable medicine in the treatment of this malady.

COUGH POWDER.—Equal portions of lobelia powder, powdered liverwort, and finely pulverized skunk cabbage root, freshly dried, may be sometimes used with more benefit than lobelia alone.

In recent cough, demulcents, gum arabic, slippery elm, flaxseed, and Irish moss mucilage, may be useful, more especially if the patient be feverish and inclined to drink, whereas in coughs that have been of long standing, or have become deeply seated, they will seldom prove of essential benefit. Mucillages may be rendered more agreeable to the taste, and their medicinal properties improved by the addition of lemon juice and

sweetened with rock candy, loaf sugar, or honey.

The following preparation is often employed as a cough medicine ;

Take a tablespoonful of powdered liquorice root, add a pint of boiling water, then strain, and sweeten with a table-spoonful of honey, and add the juice of half a lemon. To a wine glassful of this mixture, add half a tea-spoonful of the tincture of lobelia. Repeat the dose every two or three hours, as the circumstances of the case may demand.

Thomsonian pepper candy and conserve of hollyhock are much used for cough, and they are generally found to answer a good purpose.

Several other cough mixtures are mentioned in the treatment of colds and bronchitis, which it is unnecessary to describe here.

ASTRINGENT OINTMENT.—Take a pound of sheep suet, melt it and add two ounces of witch hazle, or sumac leaves, that have been collected in proper season and moisten if dry, Simmer these half an hour or more, and strain whilst warm. This ointment may be used with benefit in case of piles, chafing, chapped hands, sore nipples, &c.

PITCH PLASTERS.—Take of Burgundy pitch and Venice turpentine, each one pound, melt them together, and add an ounce of cayenne pepper, and when it cools, if it be found too

hard, melt it over, and add a portion of sweet oil.

This may be employed as a general strengthening plaster.

DROPSY.—I feel it my duty to make known two discoveries, viz: take a large handful of the barks, to wit, the inside of white pine, with sumach root, prickly ash, sassafras, and add two spoonfuls of parsley seeds, bruise them, boil them in four gallons of water to one quart; give warm, from a gill to half a pint morning, noon and night; bathe the feet each night in bitter herbs and wheat bran, after this has been well boiled. With this I have cured three cases of dropsy. You have, perhaps, never seen such a flow of urine as it will cause, and sweat also.

BURNS.—I have discovered a remedy for a burn, which I wish you to publish. I have made two cures which astonished those concerned.

Take the balsam of fir one-third, and two-thirds sweet oil, apply it with a feather then spread it on a thin cloth, apply it to the burn, this cured my nephew whose face was entirely skinned by powder, his eyebrows and lashes burnt off—now well without a scar.

A CURE FOR EPILEPTIC FITS.—Take the roots of comfrey, sassafras, burdock, elecampane, and horse-radish, of each a large hand-

ful, and the tops and buds of hound and raspberry, each one handful: put these ingredients into a new earthen pot which holds two gallons, fill it with soft water, and let it simmer over hot ashes for eight hours: strain the decoction and put it in bottles for use: dose for an adult, a gill four times a day for a week, before both the full and change of the moon. To my certain knowledge, this preparation has been tried and proved effectual, in a very respectable family in the country, when all other means failed — *Henry*.

ALTERATIVE SYRUP.—Take of Grana Paradisi, six drachms; Sarsaparilla, one pound, Guaiacum Wood, Sanguinaria Can., and Coluribo, of each two ounces; Senna, Liquorice Root, and Eupat. Persic. of each one ounce; Ceanothus Americana, eight ounces; Lobelia Syphilitica, Podoph. Peltat, Fraxus Virgin., and Cornus Florida, of each, four ounces: pulverize fine and add two gallons and a half soft water, and evaporate over a slow fire to ten pints, strain and add Ess. Cinam., one oz.; Saccharum, eight pounds: evaporate to six pints, and add three quarts of French brandy: strain, and it is fit for use. Give from a tablespoonful to half a wine-glassful, three times a day, in vitiated habits, constitutional debility, or functional derangements, from longer or shorter time, according to the cir-

stances. If there should be much rigidity and inactivity, add to the syrup, Tinct. Lob. Inf., and Tinct. Capsic., of each, one pint. It is an excellent purifying, alterative, tonic, and laxative syrup, and is of universal application where such a remedy is indicated, as in dyspepsia, liver complaint, secondary syphilis, general debility, &c. The occasional use of the vapor bath is a powerful adjuvant. B.—*B. M. Recorder.*

When any of the above articles cannot be obtained, use what you can procure of them, or put other articles of a like character in their stead.

LOCKJAW CURED BY ELECTRICITY.—The New York Journal of Commerce records a cure by the application of electricity. The patient was a young woman, in whom the disease had been brought on by cold and fatigue, and the jaws had been closed five days. The electro galvanic apparatus was applied to both angles of the jaw, and had not made forty revolutions before the complaint was entirely removed.

THOMSON'S STRENGTHENING PLASTER.—To make this, take an equal quantity of burdock and mullein leaves, sufficient to fill a large kettle, fill it with water, and boil an hour or more, then strain and boil the liquid down to

pound of resin and five ounces of turpentine, for every quart of the extract, and after simmering until the greater part of the water is evaporated, pour the compound into cold water, and work as the shoemakers do their wax. The addition of cayenne improves the effect of this plaster.

FOR ASTHMA.—Take of Lobelia seed pulverized, one ounce,

Cramp bark, vibernum oxycocceous, pulv. 2 ounces.

Stramonium seed, bruised, half an ounce,

Capsicum, pulv. half an ounce,

Skunk Cabbage balls, bruised, one ounce,

Bloodroot, pulv. half an ounce,

Strong alcohol, five pints, let them stand fourteen days frequently shaking. Dose— from twenty to sixty drops, three times a day; or, during a paroxysm, as often as required. The above is the only preparation which I have used for the last six years in asthma, during which time I have cured nearly fifty cases. J. K.

PENNYROYAL.—Farmers might easily save the flesh of horses and cows, and confer great kindness on their animals, in preventing the usual annoyance of flies, by simply washing the parts with the extracts of pennyroyal. Flies will not light a moment on the spot to which this has been applied. Every man

who is compassionate to his beast, ought to know this simple remedy, and every livery stable and country inn ought to have a supply on hand for travellers.—*Yankee Farmer*.

FELON ON THE FINGER.—Take two ounces white hellebore root bruised, and two ounces blue flowered water flag root bruised; boil them in a quart of new milk for an hour, and let the patient hold his finger in the milk as hot as he can bear for fifteen minutes, then apply the hot roots as a poultice on the finger, and in one hour the finger will be well.

Lobelia is the most efficient remedy for fevers and inflammations known. It acts specifically on the lungs, liver, and skin, and promotes the general secretions.

Cayenne is a pure stimulant—good in requisite doses, to raise the energies of the system when below a healthy standard.

Wintergreen is a remedy for continued flow of urine.

The bark of the root of the wandering milkweed, tinctured in gin, is an excellent remedy in dropsy.

Hot drops applied to recent wounds twenty-four hours prevents inflammation and soreness.

The bark of the root of the gooseberry and mulberry are powerful diuretics.

Blue Cohosh is a sure cure (after a Thom-

sonian course of medicine) for the fever and ague.

Blue scullcap is a powerful nervine.

Spruce gum is as good a tonic as myrrh.

The extract of tomato and dandelion are valuable remedies in chronic inflammation of the liver.

FOR THE EAR ACHE.—Four ounces of a strong decoction of red-raspberry leaves, and two teaspoonful of No. 6. A few drops injected into the ear two or three times a day will effect a cure.

The same is good for canker producing a discharge from the head.

FOR THE SALT RHEUM.—Make a syrup of Sarsaparilla, Pipsisawa, and Sweet Osier, equal part, for a drink—and was with infusion of lobelia.

TETTER.—A saturated tincture of fresh blood root, rubbed on frequently for a few days, is a sovereign remedy for ring-worm or tetter.

CURE FOR CORNS.—Corns may be cured by binding on them at night a piece of sponge moistened in a weak solution of pearlsh.—The skin may be brushed off in the morning, having been dissolved by the action of the caustic.

TO CURE SCRATCHES ON A HORSE.—Wash the legs with warm soap suds, and then with beef brine. Two applications will cure the worst case.

For the King's Evil.

The King's Evil may be cured by a plant called King's Evil Weed. It grows in wild shady land, under almost all kinds of timber and in the form of a plantain, but the leaves are smaller, and are spotted green and white—a very beautiful plant. When it goes to seed, there comes up one stalk in the middle of the plant, six or eight inches high, and bears the seed on the top of the stalk in a small round bud.

Take this, root and branch, pound it soft, apply it to the tumor for a poultice or salve, and let the patient drink a tea made of the same for constant drink. If the tumor is broken simmer the root and leaf in sweat oil and mutton tallow; strain it off, and add to it bees wax and rosin until hard enough for salve. Wash the sore with liquor made of the herb, boiled, and apply the salve, and it will not fail of a cure.

The best remedy for rattles in children.

Take blood root, powder it, give the patient a small teaspoonful at a dose; if the first does not break the bladder in half an hour,

repeat again three times. This has not been known to fail curing.

Valuable remedy for the Bilious Cholic.

Take of West India rum, one gill, West India molasses, do., of hog's lard one gill, and the urine of beast one gill; simmer well together. This composition will seldom fail of performing an effectual cure for life.

For a Felon.

Blue flag root and wild turnip root, a handful of each, stewed in half a pint of hog's lard—strain it off—add to it four spoonful of tar, and simmer them together. Apply this ointment to the felon till it breaks. Add beeswax and rosin to the ointment for a salve to dress it with after it is broken. This is an infallible cure without loosing a joint.

For the Salt Rheum.

Take swamp sassafras bark, boil it in water very strong, take some of the water and wash the part effected; to the remainder of the water add hog's lard, simmer it over a moderate fire till the water is gone. Oint the part effected, after washing, [continued four days,] never fails of a cure.

Salve for Burns.

Take wild lavender, the green of elder bark, cammomile, and parsley, and stew them in

fresh butter, strain off, and add to it beeswax, rosin and white diacalon, equal parts. If a burn is of long time standing, and discharges very much, take mutton suet before it is tried, pound it up with chalk to the consistence of of salve. This cures the most inveterate old sore of the kind.

The best salves for women's sore breast ever found.

Take one pound of tobacco, one pound spikenard, half a pound camfrey, and boil them in three quarts chamber lye till almost dry, squeeze out the juice, add to it pitch and beeswax, and simmer it over a moderate heat to the consistence of salve. Apply it to the part affected.

An ointment to supple stiff joints and shrunk sinews.

Take a pound of hog's lard, put into it a small handful of meletot, or melilot, green, strew it well together, strain it off, add to it one ounce rattle snake's grease, do. of olive oil, ten drops of oil lavender, mixed well together. Oint three times a day, and rub it well with the hand.

Valuable cure for inveterate old sore legs.

Take the bark of cavron wood or shrub maple, boil it very strong, take part of the liquor

and boil it down to a salve, and wash the part affected every time it is dressed. Apply new salve twice a day. Make a tea of the same, and drink three times a day.

The red salve for swellings in formation.

Take linseed oil one pound, sweet oil or fresh butter half a pound, red lead one pound, boil them together, stir it boiling, then slack the heat and add to it two pounds of beeswax, one pound of rosin, and stir them together till cold.

Foot's Ointment.

Take one pound of hog's lard, one pound mutton tallow, half a pound oil spike, and heat them over a moderate fire until united, then add as much beeswax and rosin as will make it a salve, the renowned Foot's Ointment. This cures all common sores where there is no inflammation.

A certain cure for corns on the feet and toes.

Take white pine turpentine, spread a plaster, apply it to the corn, let it stay on until it comes off itself. Repeat this three times—never fails to cure.

A cure for warts on any part the body.

Make a strong solution with corrosive sublimate, wet the wart three or four times a day—never fails of curing.

An excellent family bilious pill.

This pill made frequent use of, prevents all kinds of fever. Take one pound sweet rind aloes, four ounces jalap, four ounces pulverized blood root, two ounces cloves and two ounces saffron, and beat them all to a fine powder; pill them with molasses—mix them well in a mortar. The common way of using them is to take every night one, the bigness of a pea, if you have a bilious habit; but if you wish them to act as a physic, take four or five on going to bed. They give no pain in the operation.

For the tooth-ache, if the tooth is hollow.

Take gum opium, gum camphor, and spirits turpentine, equal parts, rub them in a mortar to a paste, dip lint in the paste and put in the hollow of the tooth every time after eating. Make use of this, three or four days, and it will generally cure the tooth from ever aching.

A medicine to cure inward ulcers.

Take sassafras root bark two ounces, colts-foot root two ounces, blood root one ounce, gum myrrh one ounce, winterbark one ounce, euckatrine aloes one ounce; steep them in two quarts of spirits, and drink a small glass every morning fasting.

For cramp in the stomach, or any inward part.

Take ten drops of the oil of lavender, on sugar or in wine. Repeat the dose once an hour if required.

A cure for the flying rheumatism.

Take princes pine tops, horse radish roots, elecampane roots, prickly ash bark, bittersweet bark of the root, wild cherry bark, and mustard seed—a small handful of each: one gill of tar water into one pint of brandy, or the same proportion. Drink a small glass before eating, three times a day.

Valuable remedy for wind cholic in women and children.

Take equal parts of ginseng and white root, half as much calamus or angelica seeds, dry them, pound them very fine, mix them together; a tea spoonful is a dose for a grown person, for children less, according to their age. Repeat the dose once in half an hour, if required. Very rare it ever fails.

Remarkable plaster to case the pain of felons, or frog felons, or any such tumor on the hands or feet or elsewhere.

Get a pitch pine knot from an old log, the side next to or in the ground; split the knot fine, boil out half a pound of pitch; take four ounces of strong tobacco, boil it in water,

Strain out the tobacco, boil the liquor until it is thick, then add the pitch to the liquor, simmer it over a moderate heat, stir it all the time till it forms a salve altogether. If the swelling be on the hand or finger, lay the plaster on the wrist; if on the foot or toe, lay the plaster on the ankle; wherever it may be, lay it above the next joint. This will take out all the pain in a short time. Dress the sore with any other salve that is best. This cure is infallible.

To cure a wen.

Take clean linen rags and burn them on a pewter dish, and gather the oil on the pewter with lint, cover the wen with it twice a day. Continue it for some time, and it will drop out without any further trouble.

Excellent pill for the hystericks.

Take a quantity of white root, otherwise called Canada root, boil it in fair water, when it is boiled very soft, strain out the roots, and boil the liquor to the consistence of a thick paste, so that it may be pilled. Let the patient take two or three pills at a dose when the disorder is coming on.

For any hemorrhage of the blood.

Take a bindful of handweed—it grows in old fields, and is called by some horse tail, or white top—is about waste or shoulder

high, one stalk from the bottom, and has a very bushy top; when it is green, pound it and press out the juice, and give the patient a table spoonful at a time, once an hour until it stops; if it be dry boil it strong, and give tea, very strong, three or four spoonfuls at a time.

Cure for the gravel in the bladder or kidneys.

Make a strong tea of the herb called heart's ease, drink plenty,—Or take the root of Jacob's ladder, and make a very strong tea, and drink plenty. It is a most certain remedy. Jacob's ladder is a vine that often grows in rich intervale soil, near a wood or bush that stands near grass land. It comes up with one stalk about breast high, then springs off into a number of branches covered with green leaves, and the fruit is a large bunch of black berries, when ripe the bunch hangs down under the leaves by a small stem. This is proved to be the best cure that has been found.

Valuable remedy for the piles.

If the piles are outward, make an ointment of camomile, sage, parsley, and burdock, the leaves of each—simmer them in fresh butter, or hog's-lard and sweet oil. Anoint the parts with it, and drink tar water, half a gill three times a day. But if they are inward,

or blind piles, drink tar water twice a day, and essence of fir every night on going to bed, half a small glass. This effects a cure in about two months.

For the tooth ache, if the tooth be hollow.

Put into the hollow a piece of blue vitriol, as much as the hollow will contain. Repeat it for several days, and it will kill the marrow.

For the whooping cough.

A syrup made of elecampane root and honey, four ounces of the root to half a pint of honey. Bake it in a well glazed earthen pot, in an oven half hot. If the root be green, it needs no water; if dry, add half a pint of water. A tea spoonful of the syrup for a small child, add a little if older, three times a day.

Sure remedy for women's sore nipples.

When the infant stops sucking apply a plaster of balsam fir. It will cure in three or four days.

Cure for itching heels on feet, or ribbed heels.

Take any kind of tallow and tallow the parts affected with it, and rub it in by a hot fire at night on going to bed. Repeat it three or four times.

Preservatives against all sorts of bilious fevers.

The fullness of bile is the cause of all kinds of fevers, and jaundice, bilious colic, and cholera morbus. Physic often with blood root and mandrake root mixed together, once a quarter, and make small beer with elder roots, spruce boughs, burdoc roots, hops, white ash bark, sarsaparilla roots and spikenard.— Make it bitter with unicorn roots and bark, of white roots and the yellow dust of hops. If a family will continue this method they will never be troubled with fevers.

For convulsion fits.

Take convulsion roots, make a tea of them and drink, or powder them and take the powder in small doses. Convulsion root grows in timber land, and comes up in July, with a bunch of white stalks about six or eight inches high, with a little knob on the top. It has no leaves. The top and root are for use. The root is a bunch of small fibres, very numerous, and full of little knobs about the size of a mustard seed and they grow just under the leaves.

Excellent poultice for inreterate old sores.

Scrape yellow carrots, wilt them on a pan or fire shovel very soft. It takes out the inflammation and the swelling, and is an excellent poultice for a scirrhus breast.

Excellent medicine for inward hurts or ulcers.

Take elecampane, cumfrey, spikenard, masterwort, angelica, and ginseng roots, of each a pound, boughs of fir, two pounds, camomile one pound; put them into a still with a gallon of rum, and two gallons of water, draw off six quarts, drink a small glass night and morning.

Another excellent essence, good for all sorts of inward weakness, inward fevers, coughs, or pain in the side, stomach or breast.

Take twenty pounds of fir boughs, one pound of spikenard, four pounds of red clover, put them into a still with ten gallons of cider, draw off three gallons, drink half a gill night and morning.

For sore eyes.

White vitriol one tea spoonful, sugar of lead one do., gun powder two do., to one quart of fair water, mixed and shook well together, six or eight times. Wash the eyes three times a day—an infallible cure.

To stop a fever sore from coming to a head, and carry it away.

Sweat it with flannel cloth dipped in hot brine. The cloths must be changed as often as they are cold, for three hours, then washed in brandy and wrapt in flannel, repeat it three, or four times.

To stop puking.

Take gum camphor, pound it, pour on boiling water, let the patient drink a spoonful every ten minutes. It must be sweetened with loaf sugar. Or, take a handful of green wheat, or grass, pound it, pour little water on it, press out the juice, and let the patient drink a spoonful once in ten minutes.

To cure inward ulcers.

Sassafras root bark two ounces, coltsfoot snake root two ounces, gum myrrh one oz., steeped in two quarts of spirits. Drink a small glass every morning. Live on simple diet as much as possible. For constant drink, make a beer of barley malt one peck, spikenard root two pounds, comfrey root one pound, burdock roots two pounds, black spruce boughs five pounds, angelica root one pound, fennel seed four ounces, for ten gallons of beer. Drink one quart a day. Let your exercise be light.

To take a film from a person's eyes.

Take sugar of lead, make it very fine. take an oat straw, cut it short, so as to be hollow through, dip the end of the straw in the powder, and blow a little of it into the film morning and night. After the film is almost consumed, apply to it a drop of hen's fat once a day until it is well.

To cure a breach or burst.

Take four or five snails that crawl about on old rottenwood; you may often find them under loose bark that is moist, or on old logs or stumps. Collect a parcel of them, enough to cover the breach, lay them on a linen cloth, bind them on, and repeat it as often as the snails are dry. Let the patient drink turkey root, cinnamon, cloves and maize, made in a tea, or steeped in wine, three or four times a day. This well attended to, will perform a cure.

To cure a schirrhous jaw, or swelled face, or the scurvy in the mouth or teeth.

Take prince of pine or scurvy grass, boil them in water, add to it rum and honey, hold it in the mouth as hot as it can be borne, and boil a large quantity of the herbs, and sweat the head over them.

For a relaxation of the gut or fundament in children.

Break two or three hen's eggs, part the white from the yolk, take the yolks and put them into a frying pan washed clean from the grease, set them over a slow fire, let them stand a while, then turn them over and squeeze them until the oil comes out. Be careful not to burn them. Collect the oil, anoint the gut when it is down, then boil an

egg very hard, let it be whole, and whilst it is warm wrap it in a linen cloth, and bind it on the fundament after you have put up the gut.

Remedy for weakness in the urine vessels, for children who cannot hold their water.

For those so troubled, take good red bark two ounces, one quart of wine, steep the bark in wine twenty-four hours; let the patient drink a table spoonful, if two or three years old, if older a little more at a time. Or red beech bark, taken off a green tree, dry it well, pulverize it fine, and use it the same way.

For the nose bleed.

Take the common nettleroots, dry them, carry them in the pocket and chew them every day. Continue this three weeks.

To cure a consumptive cough, or pain in the breast.

Take a spoonful common tar, three spoonfuls of honey, three yolks of hen's eggs, and a half pint of wine; beat the tar, eggs and honey well together in a dish, with a knife or spoon. Bottle it up for use. A tea spoonful is a dose, morning, noon and night, before eating. Drink barley tea for constant drink.

For weakly, and obstructions in the female sex.

Heart's ease herb, spikenard roots with the

pith, a small part of blood root, turkey root, wlld liquorice, a few roots of white pond lilies, a good parcel of female flowers, so called. It often grows by the sides of ponds, and has a leaf and blossoms some like cowslips, but it grows single, one root or stalk by itself, and some smaller than the cowslip; the leaves are green, and the blossom is yellow. This is one of the finest for the female use in the world. Use double the quantity of this, and equal parts of the others. make a syrup of them; boil them in fair water until the substance is out, strain it off, sweeten with honey, add as much rum to it as will keep it from souring. Drink half a gill on going to bed every night. This will strengthen the system, and throw off all obstructions. It is best for persons so complaining, to wear a thick piece of flannel on the small of the back.

For a frog under the tongue.

When the frog is first perceived, take weak ley and hold it in the mouth as hot as can be borne, and if it is grown tough, touch it in three or four places with caustic until it is sore, then apply the ley.

To prevent the tooth ache.

Rub well the teeth and gums with a hard tooth brush, using the flowers of sulphur as a

tooth powder, every night on going to bed and if it is done after dinner it is better still this is an excellent preservative to the teeth, and to avoid any unpleasant smell add oil of cloves.

A radical cure for the tooth ache.

Use as a tooth powder the Spanish snuff called sibeila, and it will clean the teeth as well as any other powder, and totally prevent the tooth ach; and make a regular practice of washing behind the ears with cold water every morning; the remedy is infallible.

For the dropsy.

Six quarts of "old hard cider," 1 pint mustard seed pounded, 1 double-handful parsley roots, 1 do lignum vitæ shavings, 1 do horse radish roots; simmer over a slow fire 47 hours; take a teacupful three times a day. It operates powerfully by urine.

Another.—A strong decoction of the leaves or ripe berries of dwarf elder, has cured a man of an inveterate dropsy, in about a week. Sweeten with molasses.

BONE OINTMENT.—Take wormwood, camomile, St. John's worth, hen bane, night shade, plantain, green tobacco, melilot; simmer in hog's lard and fresh butter. Then strain off for use.

CURE FOR CORNS.—It is said if you bind a

lock of unwrought cotton on a corn for a week or two, in an unaccountable manner the corn will be dislodged.

CURE FOR THE HYDROPHOBIA.—Take of the herd called “blue sculcap,” about two ounces, after being dried; reduce it to a fine powder, by beating in a mortar; divide it into some half a dozen portions, let the patient take a portion every other day; and a small portion of sulphur, on each intervening day. This course must be pursued for a number of weeks. No time should be lost after the accident occurs; but commence taking medicine immediately; although it is affirmed that cures have been effected by this after signs of madness had made their appearance.

VALUABLE OINTMENT FOR WEAK JOINTS.—Boil with codfish skin, white oak, and sweet apple-tree bark. Strain it. Continued to boil it down, till it becomes thick. Spread a plaster of this, and wear it on the part effected. It seldom fails of curing.

TO DESTROY RATS AND MICE.—Take equal quantities of rye meal and unslacked lime, mix them well, but add no water. Place it round in the haunts of those vermin; after eating it, they become thirsty, drink water, which slacks and swells the lime, and finally “bursts up” the plaguy *varmint*s.

TO CURE A BURN.—"A LADY," in the Knoxville Register, gives the following recipe for a burn: "Scarce a month passes away but we read or hear of some accident caused by fire. I send you the following prescription for a burn, believing that it is generally known, that much suffering might be alleviated. Take a table spoonful of lard, half a table spoonful of spirits of turpentine, and a piece of rosin as big as a hickerynut, and simmer them together till melted. It makes a salve, which, when cold, may be applied to a linen cloth and laid over the burn. If immediately wanted, spread it on the cloth as soon as melted—it will very soon cool. I have seen it applied after the corroding effects of chemical poisons, after a foot has been burnt by boiling sugar, and after severe scalds, and in every case the sufferer obtained perfect ease in ten or fifteen minutes after it was used. It may be applied two or three times a day, or as often as the cloth becomes stiff.

CURE FOR A FELON.—Take a handful of each; wild turnip or blue flag roots, stew them in hog's lard, strain it, and then add four table spoonful of tar, and half as much castile soap; simmer them together, apply this till the felon breaks, add rosin, beegwax and tallow to the ointment for a dressing salve

after it's broken. This cure without injuring the joint.

TO CURE CANKER IN THE MOUTH, IN THE MOST OBSTINATE CASES.—Take of blackberry roots (scraped) a few sumach berries, a little saffron, a little sage, and some gold thread, put with these a little alum, some vinegar, and honey; add about as much of the bark of the root, as of blackberry root; gargle the mouth often. It never fails to cure.

GOLD THREAD OINTMENT.—Shimmer together in lard gold thread, camomile, sage and wintergreen; is excellent for sore lips, chapped hands, and chilblains.

TO MAKE SAVENIER'S PLASTER.—Take 1 table spoonful red lead, 3 do of vinegar, 1 do neat's foot oil, let it boil well: then add three spoonsful more oil. Stir it well from the beginning. Just as it falls, add a teaspoonful more vinegar. Observe before the last vinegar is put in, it should be on the brown shade; then take it off and let it cool. Work it well. *Remarks*—This plaster is good for all kinds of swellings, more particularly for the white swelling and king's evil. It should be spread on a piece of leather sufficiently large to cover the swelling. Then with a small fork pierce a great many holes through the leather, and if required to be spread over,

piece the same as before. Be care to keep it from the air, as it hardens by exposures.— If there should a crust form on the salve, remove it before using, as it prevents its sticking.

FOR MAKING DESHIER'S SALVE.— $\frac{1}{2}$ lb rosin, $\frac{1}{2}$ do beeswax, $\frac{1}{2}$ do mutton suit, $\frac{1}{4}$ do white turpentine, 2 gills neat's foot oil, $\frac{1}{2}$ pint vinegar. Boil the above ingredients, and stir them together. Strain it from the sediment, and when cold, fit for use.

BATHING DROPS—Take 1 gallon alcohol or other proof spirits, 1 lb Tamarack gum made fine, 1 oz Cayenne pepper. Mix and infuse them in sand heat for three days. From one half to a teaspoonful may be taken at a time for pains in the breast and stomach, cough, &c. When needed externally, 1-6 part of spirits of turpentine may be added, also $\frac{1}{2}$ lb gum myrrh. Let the whole be well shaken.

A DEEP BURN OR SCALD—Apply a decoction of the elder well mixed with fresh butter. When this is bound on with a rag, plunge the part into cold water. This will suspend the pain till the medicine heals. Or mix lime-water and sweet oil to the thickness of cream, and apply it with a feather several times a day. This is a most effectual application.

CURE FOR WARTS.—The bark of a willow tree burnt to ashes, and mixed with strong vinegar and applied to the parts will remove all warts, corns, or excrescences on any part of the body.

VINEGAR FROM MILK.—The cowherds on the Alps and in several parts of France, use milk whey to make the sharpest vinegar, and they also extract from it a salt called in pharmacy sugar of milk, which the Swiss doctors consider as the best detergent to purify the blood, and to cure radically the most inveterate cutaneous complaints. The method they use to prepare this salt is this: After having separated all the gaseous and oily parts, the whey is clarified and boiled until reduced to one-fourth part of the whole, which they deposit on wooden or earthen pans in a cool place. In a short time the saccharine particles are crystalized, the phlegmatic part is then descanted slowly and the sugar is dried upon pieces of grey paper. This operation may be accelerated by boiling out the whey entirely, but the sugar which remains at the bottom of the kettle is colored and unfit for pharmaceutical purpose; it might, however, answer well for veterinary purposes. The process for making vinegar out of milk is very simple: After having clarified the whey, it is poured into casks with some aromatic plants or elder blossoms, as it suits the fancy, and

exposed in the open air to the sun, where it soon acquires an uncommon degree of acidity.

CURE FOR DYSENTERY.—Take the leaves of the *fragaria virginiana*, [wild strawberry,] pound them, add a little cold water, and express the juice. Drink of this, a little at a time, frequently, and it will cure dysentery in twenty-four hours.

CURE FOR WORMS.—*Chenopodium album*, [common pig weed,] steeped, and given a few times, has sometimes caused the vomiting of worms, and cured the patient after a long sickness.

FOR THROAT OR CANKER-SORE MOUTH.—Take the yolk of a roasted egg, burnt leather pulverized, sugar, and burnt alum. Mix with honey, and use as a gargle.

ANGINA.—Take sage, hyssop, gold thread, borax, and alum. Boil all together in water, and add molasses. Use as a gargle.

FOR DYSENTERY.—Take of burdock seeds, one or two teaspoonfuls, three times daily.—This remedy, accompanied, if necessary, with tonic waters, will sometimes cure, when all other means fail.

STROUGHTON'S BITTERS.—Take of orange peel, 1 lb.; ginseng root, 3 lbs.; canwood, 5 lbs. Macerate, and infuse in six gallons of spirits. Shake daily for five or six days. Decant, and bottle for use.

Miscellaneous Selections

A CHAPTER ON FEMALES.

BY D. C. COLESWORTHY, ESQ.

We like to look upon a stout, healthy woman—she is a prodigy in the nineteenth century. Wherever you go you see scores and hundreds of spleeny, sickly, feeble girls, who can hardly muster courage to make their beds, wash their faces, or drive an intruding cow from the yard. Tell them about early rising, fresh air and healthy exercise, and they heave a sigh as long as the moral law, and about faint away. You expect *them* to get up before day—to work in the kitchen—to breathe the fresh air of morning! Preposterous and absurd. They never have seen the sun rise, and would hardly know but the sun continued to shine forever, if it were not for the almanacs and their grandmothers. No wonder that every year sweeps to the grave so many young women, who have been sickly and effeminate, ever since they were born into the world, and death will continue to select them as his victims, till they learn their duty and pursue that course which insures health, strength and long life. Our great-grand pa-

rents lived to a great age and never thought of complaining or lying down to die, till they had at least reached the meridian of life.— They were stout, strong, happy and healthy. Why? They rose early—worked like beavers, and never spent the midnight hours in dancing. Instead of being frightened at a little mouse at their feet, a beetle on their necks, a fly's foot on their arms, in the absence of their fathers and husbands, they would load their guns, shoot bears and catamounts, and keep at bay a party of savages. How have their daughters degenerated? What female is there now-a-days who wouldn't run for a gun, even if it had no lock? The ladies of olden time outlived their husbands years and years. How is it now? Widows are few and far between. It was no singular thing for our grandmothers to have three or four husbands in the course of their lives. Now it is the reverse. Men have about as many wives—diseases of late have been so fatal among the female sex. Do you not know the cause? It is found in listless idleness—inactivity—late hours—thin shoes—muslin dresses—a horror of the fresh morning air, and in that detestable stuff stitched in pink and yellow covers which is flooding our country. If they will do nothing else, young ladies will sit and read from morning till night, that sickly, sentimental, impure and we will say

licentious trash, that is thrown in such abundance from the press. This shrivels the mind, warps the affections, chills the better feelings, and makes the life wretched beyond description. Let females look into this subject and act like reasonable and accountable beings, and we should soon see a different state of things. We should hear of no fainting away—no sickly constitution—no affection of the lungs—no elopements and no suicides.

☞ We clip the following article from the Boston Medical and Surgical Journal, (vol. 10, p. 199,) which we commend to the careful perusal of every reflecting mind, as a fac simile of the various opinions, extravagancies and discrepancies, of the old school authors:

A "REGULAR" DIALOGUE.

Hippocrates, "The Father of the healing Art."—Gentlemen, my observation and experience convince me that it is our duty to watch the operations and indications of Nature, to aid her whenever we can, but rather do nothing than oppose her.

Galen.—Yes, so think I, and I believe there are multitude of remedies which may be applied with great advantage—indeed the vegetable kingdom abounds with them; but mercury, which I learn is talked of as a medicine is poison, and, as such ought not to be given to cure disease.

Peracelsus.—I have seen some wonderful effects produced on the system by the use of poisons; and, for my part, I intend to try various articles of the kind; I believe they can be used to advantage, at least to the fame and purse of the practitioner.

Boerhaave.—I have examined the subject pretty thoroughly, and think the best plan is to “keep the feet warm, the head cool, and the body open, and reject all physicians.”

Lieutard.—I have studied the whole subject too, and I find it “so difficult to separate the useful from the trivial, that I shall cast it all aside, and make new observations, out of which to form a sounder theory.”

Abercrombie.—Gentlemen, we might as well confess the whole truth as not, that our whole pretended science, is but a system of guessing, the art of conjecture, mere learned quackery. We know neither the seat nor the cause of disease, nor the action of remedies. Our practice resembles the conduct of a blind man armed with a club, and striking in the dark. If we hit the disease, we kill it, if we hit the patient, we kill him.

Sydenham.—I have no doubt, gentlemen, that the blood is somehow or other the principal cause of disease, and think, if we draw on that, we shall generally effect a cure.

Dewees.—It's the only certain means of curing inflammation.

Thatcher.—We have no infallible rule to direct us. A precipitate decision is fraught with danger, and a mistake is certain death.

McIntosh.—No physician, however skilful, can determine how much blood should be taken in any given case.

Dewees.—Bleed as long as the blood will run from the arm, then apply a dozen leeches, and encourage the after bleeding, by the application of moist warmth.

Marshall Hall.—Set the patient in a chair, with his face to the wall, and bleed him till he faints.

Dewees.—I bleed him till I reduce the arterial action, and then stop—sometimes “setting a student at the bedside with directions to keep his finger on the pulse, and to open the vein again, the moment he perceives a return of the symptoms that called for the first bleeding.

Good.—These symptoms will, every now and then return, as long as there is any life in the system; it, therefore, you bleed until no reaction takes place, according to Dr. D., they will soon “give up the ghost to the treatment, instead of the disease.”

Salman.—So zealous are the bloodsuckers of our age, that they daily sacrifice hundreds to its omnipotence, who of old, passed through the fire of Moloch, and that without any pity, left to commiserate the inexpressible suffer-

ings of their martyrs, or conscience of their crimes which may deter them in future from such villainies, the bare relation of which, would make a man's ear tingle, which one cannot think of without grief, nor express, without horror.

Lobstein.—So far from blood-letting being beneficial, it is productive of the most serious and fatal effects—a cruel practice—a scourge to humanity. How many thousands of our fellow citizens are sent, by it, to an untimely grave! how many families are deprived of their amiable children! how many husbands of their lovely wives! how many wives of their husbands! Without blood, there is no heat, no motion in the system—in the blood is the life. He who takes blood from the patient takes away not only an organ of life, but a part of life itself.

Good.—I wish Dr. Rush would come back from the other world and tell us what he thinks now about bleeding. I believe it is agreed on all hands, that he killed himself with it.

Robinson.—More have been slain by the lancet since the days of Sydenham, than all that have perished by war, pestilence and famine.

Panacelsus.—I see you are not likely to agree about bleeding. What say you to mercury?

Broussais.—I go against it. Starving and cleanliness and proper exercise, are better than any medicine, particularly poison.

Hooper, Barton.—Hold there; the most virulent poisons are the best medicines.

Hannemann.—I go for poisons; but the less the better. Say the ten millionth part of a grain.

Graham.—I think three grains of calomel enough for any dose.

Yandell.—Three grains! We use 250 grains in old Kentuck, and generally lose our patients at last!

Barton of Louisiana.—I shall be glad to see anything take the place of calomel, after witnessing, as I have, for the last sixteen years, its horrid effect in the wreck of constitutions, the destruction of teeth, gums, jaws, and faces, &c. Do search for something less mischievous, if it is only a tomato.

M. M. Whiting.—Gentlemen, we might as well confess at once that ‘we know nothing about disease’ and as for the materia medica, it is a perfect chaos.” Indeed, who is there among us, that would not rejoice to see that immense mass of matter that has been accumulating for four thousand years, and been christened Medical Science, swept away at once by the bosom of destruction.”

“Were we to see a sportsman standing beside a grove, continually loading and discharging

ging his piece without aim among the trees, and, at the same time, declaring his intention to be the destruction of a bird whose song he heard somewhere within it, we should, without hesitation, pronounce him not only *non compos*, but also a dangerous individual, fit only for a mad house. Yet such, if we mistake not, is very nearly the case pursued by many a routine practitioner, (one who follows the directions of the professors and books) in the treatment of the morbid conditions of the body by medication. Shoot away! is the motto; perchance we may hit the mark; if not, the law is our safeguard, and we have the satisfaction of feeling that we have done the best we could. But the day is coming, and now is, when the names of such men will be scathed by the lightnings of public indignation, and such will be the desert of those who while the sun of science is shining over the land its flood of living light, still prefer the darkness, and persist in quackery."

MIDWIFERY.

Ever since we became acquainted with the excellent system of medicine which we take pleasure in advocating and defending we have witnessed with pain the criminal silence of its friends in relation to the subject of midwifery. Since we have occupied our present

position as Editor of a Botanical Journal, we have been more than ever grieved to see such a total silence by all similar journals on this important and this deeply interesting subject. We have adverted to it once or twice, for which we have been censured by the mock-modest of our race, who are willing to sacrifice humanity at the shrine of public opinion. Why is it that the friends of our cause are so dumb? Are they afraid of outraging a public sentiment as false as it is corrupt and wicked? They show that for barbarity and cruelty, nought exceeds the old system in the chamber of parturition. Why then do not the ablest and ablest friends of the cause of medical revolution speak out? Are they willing to let the world be in darkness in relation to a subject so fraught with the most terrible consequences? Are they aware that many who are otherwise friends, just friends to our system, think that it is not fit to introduce into the chamber of parturition? This we know to be the fact. We have waited, and waited in vain, for the oldest and most tried of our friends to make their voices echo on this question, knowing, as we do that our youth and situation should demand of us silence where silence is not a crime. We know that for diverting to this subject we shall be ridiculed by the libertine, slandered by the interested, scoffed at by the mock-modest, and despised

by a false and detestable public opinion. But knowing that the old system of practice is fraught with consequences which would cause a heart of adamant to melt with pity, were it but once exposed: and that the new system acts in accordance with nature, aiding her, in harmony with the laws of life, in this her most trying hour, we cannot rest satisfied while the earth is still in darkness, without raising our feeble voice as a warning note of danger. Were we not to do this, we should be wanting in humanity and traitors to our race. When we read the abominable practice as recommended by old school authors, and see the effects of it when put in operation, we are compelled to speak. Our natural inclination would lead us to be silent, but from our inmost soul we loathe such a practice, and therefore cannot desist. We have seen the vigor and prime of youth, in full hope of health, long life and bright anticipations, dragged down into a state from which death, as a relief, would have been a welcome messenger! We have seen the maimed forms of humanity suffering untold misery alone in consequence of the treatment of some murderous accoucher. The most common practice is, when the system needs artificial aid to bleed and then drive the patient about the room until fainting is induced. Some less sanguinary, give heavy portions of opium and calomel

And when the system, reduced as it most certainly will be, by this murdering process, refuses to perform its duty, the aid of steel in the shape of forceps, &c. is invoked, thus completing the process by murdering the child, and leaving the mother in a state more intolerable than ten thousand deaths.

We are now attending a patient ruined by this abominable practice, who has scarce forsaken her teens.

We do not make these remarks from interested motives, though we are sensible they will be imputed to such, for we have had more practice in this line than we desire. We rejoice to think that some day the whole art will be in the hands of females, its own and original proprietors, from whom it was wrested by designing knavery and unblushing imposition. But until this takes place, it is not only right and proper, but it is the duty of all Botanics to wrest, if possible, the lives of the fairest and best portion of the human race from the hands of murdering and hypocritical practice.

Friends of medical revolution! you who have both knowledge and experience, we invoke you no longer remain silent on a subject which cries aloud for revolutionizing. Raise your voices, we beseech you, in behalf of your outraged and suffering countrywomen, and though they may deride you and laugh you to

seem for your conscientious performance of duty, you will not labor in vain. The seeds of truth are not sown in vain, but will finally grow and flourish, 'like a green bay tree.' The gasps of expiring youth, as they are offered up willing sacrifices upon this death-catering system—the wailing of expiring infants, as they are ushered into being maimed by the violence of professional imposition and daring experiments, as they come rushing on our cars, and making our blood run cold, should stimulate, and call into action our latent energies, and cause us to persevere in our warfare not only our country, but the world, is freed from the shackles of this abominable quackery.

The above article calls the attention of the friends of radical reform to an important subject—a subject demanding their serious conscientious and scientific consideration.

Obstetrical practice, involves the life and health of our wives and children—how important then, that it should be based upon physiological laws, so that neither the life nor health of our wives and children may be endangered, and often sacrificed, by ignorant departures from the laws of nature. We are not willing, however, to attribute the disastrous and often fatal effects, of the means usually employed by mineral physicians, either to

in *crudely* : or to *their love of gain* : but to their ignorance of those means known by us, to be safer and more efficient in securing the end proposed by obstetrical practice.

Those who are acquainted with the anatomical structure of the female organs of generation, and with the action of our remedies upon them, cannot fail to perceive the greater efficiency and safety of their action, compared with the action of those means used by our opponents. If so, humanity calls upon them to use every generous and opportune effort in their power, to save a confiding and suffering female community from debilitated and death by cold applications, refrigerating draughts, and unnatural bloodletting — *S. W. Medical Reformer*

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ERRATA.

In looking over this work I have discovered several errors that have escaped the eye of the proof reader which is not surprising as I had a poor chance to correct the proof myself, living twenty miles from the publication office, I therefore had no opportunity to correct, only to read them once hastily and a considerable of them I never saw till printed. I have therefore read them hastily and corrected such errors as I observed; but doubtless errors have still escaped my eye, therefore on such I beg the kind readers forbearance.

Page 19, line 12 from the top, for *increased*, read *incurred*.

Page 29, line 16 from the top, the first of line, read *an inch in thickness*.

Page 32, line 7 from the bottom for *commence*, read *commenced*.

Page 35, lines 5 and 13 from the bottom, for *Lucabock*, read *Leuchbuck*.

Page 58, line 8 from the top for No. 4, read No. 1. Also, bottom line, for *ersevered*, read *persevered*.

Page 60, line 13 from the top, for *diuretics*, read *diuretics*.

Page 62, line 7 from the top, for *I*, read *she*.

Page 99, lines 6 and 7 from the top, for *oc-curs* read *occur*.

Page 115, line 14 from the top, for *effects* read *effect*.

Page 121, line 2 from the bottom, for *cap-scilum* read *capsicum*. Also, line 3, for These and equal read These are equal.

Page 122, line 16 from the top, for advantage read advantage. Also line 20, for Y read F.

Page 125, line 4 from the top for Aretum read Arctium.

Page 127, line 11 from the top, for Pinn-kum read Piunkum.

Page 128, line 8 from the bottom for Alro-punpucrane read Latifolium.

Page 9, line 10 from the top for *is one of these* read *are some of these*.

Page 28, line 5 from the top for genality, read generality.

Page 128, line 5 from the top for both read Beth.

Page 130, line 6 from the top, for langer read larger.

Page 141, line 8 from the top for maculatum read maculatum.

Page 153, line 6 from the bottom, for at-tact read act.

Page 54, line 2 from the top for epicac read iprecac.

Page 155, line 8 from the top for teaspoonful read teacupful.

Page 156, line 8 from the bottom for furgus read fungus.

Page 158, line 16 from the top for larges read large.

Page 160, line 15 from the top for, from to two four read two to four.

Page 163, line 7 from the top for Chachexy read Cachexy; and line 4 from the bottom for, and is sometimes, read and are sometimes.

Page 171, line 3 from the bottom for cypri-peium read cypripedium.

Page 185, line 3 from the top for typoid, read typhoid.

Page 188, line 6 from the bottom for pube-sens read pubescens.

Page 200, line 8 from the bottom for shave bone read share bone.

Page 203, line 6 from the bottom for stop-led read stopped.

Page 206, line 16 from the top for lartonic read lartaric.

Page 212, line 12 from the bottom for one,
read into one.

Page 212, line 15 from the top for, take one
dose read for one dose.

